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OTTAWA metro®

Wednesday, November 14, 2012

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SANTA, TAKE NOTE

Three-month-old Charlotte Pauls plays with Little Tikes' DiscoverSounds Activity Garden. The playset made it into the top 10 of the Canadian Toy Testing Council's 2013 toy report. For more on this year's crop of lauded toys, turn to page 3. GRAHAM LANKTREE/METRO

Where's the beef?

Lawsuit. Embattled Mambo co-owner's firm suing Morgaurd over terminated lease

JOE LOFARO
joe.lofaro@metronews.ca

A firm belonging to a restaurateur awaiting sentencing on two defamatory libel convictions has slapped a Toronto-based developer with a $1.5-million lawsuit after the developer terminated the company's lease on the Elgin Street building that used to be Friday's Roast Beef House.

A numbered company belonging to Marisol Simoes and her husband Zadek Ramowski called 224 Inc. is alleging breach of contract and negligent misrepresentation against Morguard Elgin Ltd. in a statement of claim.

According to the claim, 224 Inc. intended to operate an upscale restaurant at 150 Elgin Street. But the claim alleges Morguard misled the firm about the extensive renovations needed to refit a nearly 150-year-old building.

None of the allegations in the statement of claim have been proven in court. No statement of defence has been filed.

Simoes and Ramowski co-own Mambo Nuevo Latino and Kinki restaurants. The claim says their firm began renovating 150 Elgin, but couldn't open a restaurant for a variety of reasons. They allege the developer beginning construction of a 21-storey highrise in the parking lot adjacent to the restaurant and numerous challenges relating to exits, power-supply deficiencies and concerns with the building's heritage status caused delays.

Morguard terminated the lease Dec. 23, 2011, due to the problems, the statement alleges. It also claims the developer was "unjustly enriched" by $300,000 by repossessing what 224 Inc. had invested in 150 Elgin.

224 Inc. alleges it lost sales and profits due to the lease termination.

Simoes was found guilty Sept. 6 on two counts of defamatory libel for creating a fake online dating profile of a customer and sending lewd emails to her employer after the customer wrote a pair of negative reviews of Mambo in 2009.

She will be sentenced Friday.

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Makin' a list, checkin' it twice

That time of year. In its 60th annual report, toy-testing group suggests most sought-after gifts

GRAHAM LANKTREE
graham.lanktree@metronews.ca

Kids were crawling through a garden, cooking up a storm and making their own lip balm and bath fizzies as the Canadian Toy Testing Council announced on Tuesday its top toys of 2012.

"My husband tested toys when he was a kid. That's how we knew about this," said Lisa Poulsen, whose five- and eight-year-old daughters, Ella and Hannah, have been testing toys for the council since they were born. "We get the toys for six to eight weeks and we get the opportunity to test and find out what works."

Topping the list in 2012 are the Little Tikes' Discover-Sounds Activity Garden for six-month-olds to five-year-olds, Playmobil's Future Planet E-Rangers Headquarters and the board game Race to the Treasure!

"We're very happy. It's the most prestigious award you can get in the toy world," said Mary Pallett, co-owner of Kiss Naturals, whose do-it-yourself lip-balm and bath-fizzie set was listed in the top 10. "Other awards you have to buy. This is given out, it gives it legitimacy."

Each year, some 200 families test a pool of more than 400 toys. "I heard about it when my son was three months," said Cheryl Pauls. "I wanted him to learn about volunteering. He doesn't get to keep the toys, but it provides us with variety. I'm an evaluator and go through each family's comments on a toy and create a report."

Top toys

Top 3 winners of the Canadian Toy Testing Council's Children's Choice award:

- Little Tikes Discover-Sounds Activity Garden
- Playmobil's Future Planet E-Rangers' Headquarters
- Race to the Treasure!

Sisters Katie, left, and Helen Pallett make bath fizzies from their family's Kiss Naturals do-it-yourself bath kit. GRAHAM LANKTREE/METRO

Ottawa mom fears the worst after body found

A flyer with Fouad Nayel's photo appears on the front entrance of the Broadway Bar & Grill in Barrhaven on June 25. JOE LOFARO/METRO

As police comb through a wooded area near Calabogie where a body was found Sunday, an Ottawa mother is waiting by the telephone, wondering if the cops will ultimately tell her something she doesn't want to hear.

Nicole Nayel fears the body found near Norton Road might be her son, Fouad, who has been missing since June 17.

The 29-year-old Ottawa man left that day for a short trip to Petawawa but never returned. Police believe he may have visited the Calabogie area before he went missing.

The Ontario Provincial Police (OPP) said a passerby spotted the body on Crown land around 3:30 p.m.

Unidentified

"There's always this slim chance that it might not be him, right?"

Nicole Nayel on an unidentified body found near Calabogie she fears might be her son Fouad, who has been missing since June 17, when he went for a short trip to Petawawa.

Kristine Rae, an OPP spokesperson, said police don't yet know the gender of the body. She said an autopsy has been tentatively scheduled for Wednesday. The procedure will identify the body and determine the cause of death.

Nayel said two Ottawa police officers came to her Barrhaven home Monday to notify her of the discovery in Calabogie.

She said family members conducted their own ground search after a search by a police dive team in the Calabogie area in July found nothing.

With few leads in the investigation, she said the ongoing search has been a nightmare for her. She believes her son, who went missing on Father's Day, is a victim of foul play.

"I want whoever did this to my son to pay the price," she said. JOE LOFARO/OTTAWA

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HEART & STROKE FOUNDATION

Putting a little swing in the daily commute

Spinning sign. Dancing construction worker directing traffic becomes viral-video sensation after news crew captures smooth moves on camera

ROSANNA HAROUTOUNIAN
For Metro Ottawa

The House of Commons sometimes becomes a stage for the theatrics of Ottawa's politicians. But outside the House, construction worker Adam Perrin is putting on a spectacle of his own.

As he directs traffic through a construction site on Parliament Hill, Perrin can be seen swinging his arms and kicking up his legs — moves he said came out of nowhere.

"I'm a pretty mellow fella," said Perrin. "I'm just one of those guys who have it, a natural rhythm."

He said 95 per cent of the responses to his dancing have been positive.

"It's fantastic, every morning, everybody's very happy and it's great to see," he said. "There are a couple of negatives who think I'm crazy, which is fine by me."

Perrin said he'll continue dancing when he's assigned to traffic control.

"If my little bit makes people happy on the way in, that's fine by me," he said. "Them being happy makes me smile."

To see Perrin working it with his signature moves, go see the video at metronews.ca.

Construction worker Adam Perrin ads an extra bounce to his dance step on the job directing traffic at Parliament Hill. ROSANNA HAROUTOUNIAN/FOR METRO

Awards. Immigrant students get scholarships for community work

Mayor Jim Watson awarded the 2012 Marion Dewar Scholarship to AnhThu Dang and Emily (Yulin) Wang Tuesday.

Valued at $1,000 each, the scholarships are awarded to immigrant high school students by the Ottawa Community Immigrant Services Organization

"I was shocked," said Dang, 17, who is studying biotechnology at the University of Ottawa and wants to become a pediatrician.

"I didn't think I'd get it, but I was really happy when I did."

Dang, whose parents immigrated to Canada from Vietnam 24 years ago, said she was part of the environmental and anti-bullying clubs at Glebe Collegiate. She also played clarinet in the Ottawa Community Concert Band, helped teachers at the Vietnamese elementary school, and organized a project to buy water pumps for communities in Africa.

Wang said she participated in cleaning and tree-planting in the city, hosted events at the Chinese Community Centre, raised funds for the Ottawa Hospital, cared for children at her church, and played piano for seniors.

"As long as you work hard and never stop pursuing your dream, you'll be successful," said Wang, 18, who immigrated to Canada from China when she was 15. Wang is studying communications at Carleton University. She hopes to become a broadcast journalist.

ROSANNA HAROUTOUNIAN/FOR METRO

AnhThu Dang, left, and Emily (Yulin) Wang. ROSANNA HAROUTOUNIAN/FOR METRO

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Surrey Mountie killed in car crash. RCMP remembers fallen officer

The Surrey, B.C., Mountie killed when his unmarked cruiser collided with a transport truck early Tuesday will be remembered as an "outstanding" officer with a family history of RCMP service.

Const. Adrian Oliver, 28, was on duty and returning to the Surrey RCMP detachment when the crash occurred at 148th Street and 64th Avenue around 5 a.m. The investigation into his death is ongoing as a team works to reconstruct the collision. EMILY JACKSON/METRO

RCMP Const. Adrian Oliver
RCMP HANDOUT/THE CANADIAN PRESS

Order of Canada

Former premier receives medal

The wife of former Alberta premier Ralph Klein dabbed at her teary eyes as she received an Order of Canada medal on her ailing husband's behalf. Gov. Gen. David Johnston also presented Colleen Klein with a Queen's Diamond Jubilee medal at the small ceremony at Calgary City Hall. THE CANADIAN PRESS

Bullying

B.C. goes online to tackle bullying

The B.C. government has unveiled an online tool designed to let children anonymously report bullying to school administrators.

The tool presents children with a form for them to record what happened, and they can choose whether they want school staff to contact them.
THE CANADIAN PRESS

Western U. scientists tap into vegetative brain

Positive signs. Routley communicates that he 'isn't in pain' to a group of researchers at Western's Brain and Mind Institute

ANGELA MULLINS
Metro in London, Ont.

A team of Western University neuroscientists are getting international attention for what they've known for years.

Patients in a vegetative state may not be able to talk or physically react to questions, but tests show many of their brains are alive and ticking, the doctors say.

London's Scott Routley, a 39-year-old with brain trauma from a motor-vehicle accident, has quickly become the medical discovery's poster child. Although Routley hasn't spoken for 12 years, he recently told a research team from Western's Brain and Mind Institute that he isn't in pain.

BBC's Panorama

A look into the vegetative state:

- The BBC filmed Western University researchers and neuroscientists for a documentary that followed vegetative patients in Britain and Canada.
- The documentary aired on Tuesday.

The message — considered the first of its kind from a patient like Routley — was conveyed this summer through an MRI scan of his brain, explained researcher Dr. Damian Cruse. Cruse and other members of the team discovered in 2010 that at least some people with severe brain injuries can think about things on command.

"The exciting thing that we've been able to do is start asking clinically relevant questions," Cruse said, something that will allow doctors to understand more about their patients.

Scott Routley has been able to communicate through his brain activity, say scientists at Western University. COURTESY OF BBC/FERGUS WALSH

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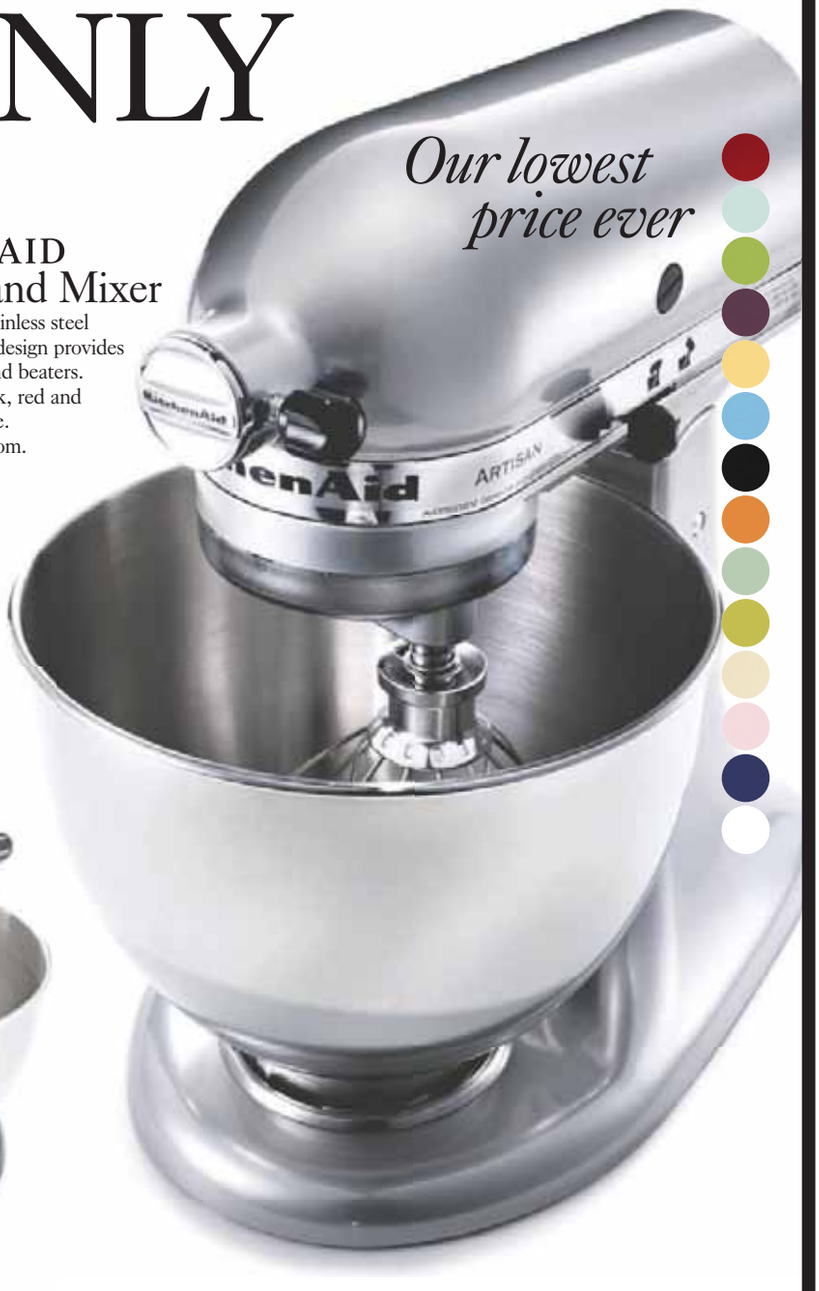

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Prosecutor says accused soldier was 'reckless'

Claymore C19 mine explosion. Seven hundred steel balls raked a platoon in Afghanistan, killing a 24-year-old corporal

Maj. Darryl Watts is charged with manslaughter in a Kandahar death. JONATHAN HAYWARD/THE CANADIAN PRESS

A military prosecutor says a reservist is guilty of "wanton, reckless disregard" in the death of a Canadian Forces soldier in Afghanistan two years ago.

Maj. Tony Tamburro told a military court in Calgary Tuesday that Maj. Darryl Watts allowed his men to practise with a Claymore C19 anti-personnel mine without any proper training on a Kandahar firing range.

Cpl. Josh Baker, 24, died when the explosive Claymore, packed with 700 steel balls, raked a Canadian Forces platoon.

He was struck four times and one of the steel balls penetrated his chest.

Four others were seriously wounded.

Watts, who was in charge of the range the day of the accident, is charged with manslaughter, unlawfully causing bodily harm, breach of duty and negligent performance of duty.

"We're not alleging Maj. Watts woke up that morning and decided to kill or injure anyone," said Tamburro, who is with the Office of the Judge Advocate General.

Tamburro added: "This was not in a firefight. This was supposed to be another day on the range."

His civilian lawyer, Balfour Der, said Watts shouldn't be facing the charges. "Manslaughter is an overcharge … I don't think the man did anything wrong," said Der.

Der suggested it speaks volumes that Watts was promoted to major after the accident.

"He's a damn good soldier … nothing more," Der added.

THE CANADIAN PRESS

Mud, glorious mud … not!

There goes the neighbourhood. Residents of the Hillside Park area in Daly City, Calif., woke up Tuesday to flooded streets and vehicles buried in mud after a broken water main sent 45,000 gallons of water spewing down a grassy hillside. ERIC RISBERG/THE ASSOCIATED PRESS

'Painful' claim

Mr. Elmo's teen accuser recants

A man who accused Elmo puppeteer Kevin Clash of having sex with him when he was a teen has recanted his story.

In a quick turnabout, the man on Tuesday described his sexual relationship with Clash as adult and consensual.

Clash said he is "relieved this painful allegation has been put to rest."

The man, who has not identified himself, released his statement through a Harrisburg, Pa., law firm.

The whirlwind episode began Monday, when Sesame Workshop — which produces Sesame Street — announced that Clash had taken a leave of absence in the wake of allegations he had a relationship with a 16-year-old.

Clash is a 52-year-old divorced father of a grown daughter. His accuser is in his early 20s.

Clash acknowledged he is gay.

THE ASSOCIATED PRESS

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PM's blast puts Ashley Smith inquest on track

Co-operate, said Harper. And now, after outrage over videos, all parties in probe try to get along

The long-delayed inquest into the jail death of a troubled teenager finally appeared to be on track Tuesday.

There were unprecedented signs of co-operation by prison authorities and doctors who had been fighting tooth and nail to limit damning details.

Instead of the legal wrangling that has become the hallmark of the Toronto probe into the death of Ashley Smith, the parties spent a few hours in rare agreement before proceedings were adjourned until the new year.

Ashley Smith is surrounded by guards at the Joliette Institution in Quebec in this image made from video. She was shunted among nine different prisons in five provinces. HANDOUT PHOTO/THE CANADIAN PRESS

Earlier, the screening of disturbing videos sparked widespread outrage.

The videos showed authorities duct-taping a hooded, docile Smith to her airplane seat and injecting her against her will with tranquilizers.

Prime Minister Stephen Harper called authorities' treatment of Smith unacceptable and ordered them to co-operate with the inquest.

Smith, 19, died in her cell after wrapping cloth around her neck. Guards who were ordered not to intervene stood watch outside her cell.

THE CANADIAN PRESS

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If you thought the Canadian housing market was overheated ...

The luxury residential building Opus Hong Kong, designed by Frank Gehry, is shown in Mid-Levels, east of Hong Kong. A local property company said Tuesday it sold a 6,683-square-foot apartment on the building's ninth floor for almost $60 million. It did not say who the buyer was. The sale comes amid growing concern over surging property prices in Hong Kong. KIN CHEUNG/THE ASSOCIATED PRES

Newspapers

Quebecor cuts 500 Sun Media jobs

Quebecor Inc. is cutting about 500 jobs at its Sun Media newspaper division in a move that includes closing two production facilities in Ontario as it copes with lower advertising revenue.

"Although our circulation revenue has stabilized due to strategic pricing increases, the advertising sector continues to experience declines through the news and media industry," chief executive Pierre Karl Peladeau said Tuesday.

The Southern Ontario Newsmedia Guild said about 27 journalists' jobs will be eliminated as the company centralizes copy editing and pagination in Toronto. Up to 100 jobs will be lost when the printing plants in Ottawa and Kingston close, the guild added.

THE CANADIAN PRESS

Larger deficits could delay Tories' plans

Fall update. Weak global economy means Ottawa won't show surplus until 2016-17

The Harper government has pushed back its target date for eliminating the deficit by one year, leaving open the possibility it won't be able to fulfil two key election promises on income splitting and doubling tax-free savings accounts.

Finance Minister Jim Flaherty delivered his fall economic update Tuesday, saying global economic weakness has carved into commodity prices and tax revenues.

The update showed a bottom line for this fiscal year worse than many expected, with the deficit at $26 billion, up $5 billion from the March budget forecast.

This year's deficit would be even higher, by about $7 billion, if Flaherty hadn't hedged his bet by adding a $3-billion cushion, or margin for risk, into his budget calculations.

Flaherty also said it will take a year longer than predicted to balance the budget.

Finance minister Jim Flaherty
ADRIAN WYLD/THE CANADIAN PRESS

During the last election campaign, the Conservatives said they would establish the Family Tax Cut income sharing for couples with dependent children under 18 years of age. It would give spouses the choice to share up to $50,000 of their household income for federal income tax purposes.

The Conservatives promised it would be implemented during this term in office when the federal budget is balanced.

But when asked Tuesday about the program's fate, Flaherty said it will have to wait. "Any movement on that will have to await a balanced budget," he said.

The government had also promised to double the contribution to tax-free savings accounts to $10,000 once the budget was balanced.

"Canada has clearly been affected by volatile and falling world commodity prices since the budget in late March," Flaherty said in a speech to a Fredericton business audience.

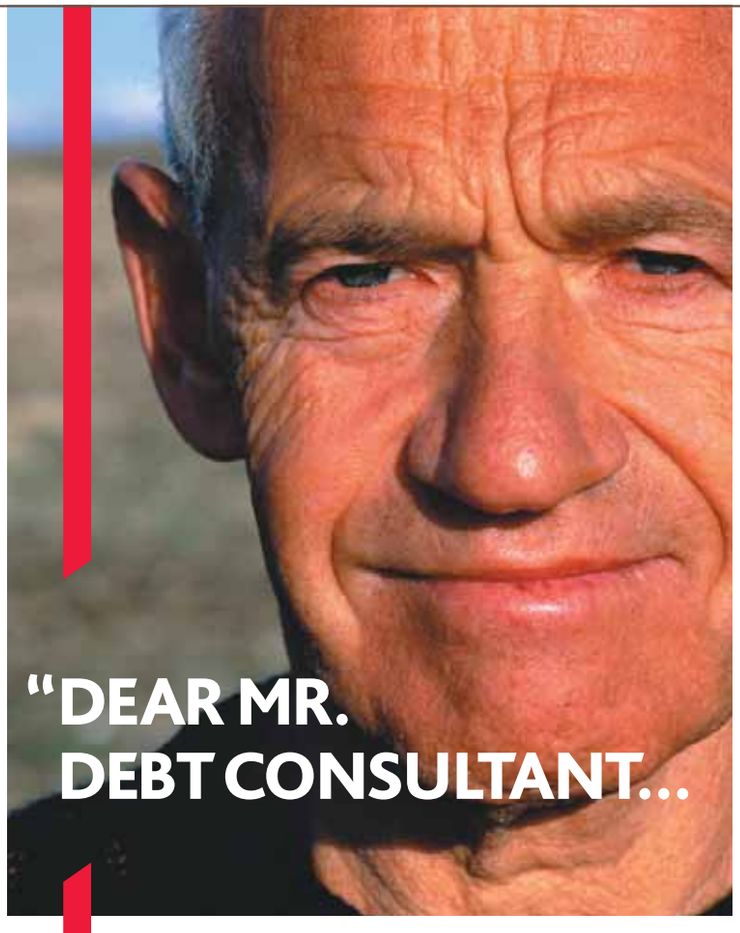
"And the forecast of private-sector economists is consistent with the view that world commodity prices will remain below the level anticipated at the time of the budget."

THE CANADIAN PRESS

By the numbers

$26B

Ottawa now projects its deficit will rise to $26 billion this fiscal year, which ends in March, as opposed to the predicted $21.1 billion. Going forward, the deficit is now projected at $16.5 billion next year, compared with the budget estimate of $10.2 billion, and $8.6 billion in 2014-15, as opposed to $1.3 billion.



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BHP Billiton sells diamonds business to Harry Winston

$500M deal. Agreement includes stake in Canada's first diamond mine

BHP Billiton is selling its diamonds business, including its stake in the Ekati diamond mine in the Northwest Territories, to Harry Winston Diamond Mines Ltd. for $500 million US in cash.

Under the deal, BHP Billiton's employees working at Ekati, in Yellowknife and in diamonds marketing in Antwerp, Belgium, will join Harry Winston, a Toronto-based mining and retail company.

"The mine's success is a credit to the people who work there, at Yellowknife and with the marketing team in Antwerp," said Tim Cutt, BHP Billiton Diamonds & Specialty Products president.

"Harry Winston has long experience in the Canadian diamond industry and their commitment to study further development at Ekati could help extend the mine's contribution to Northern Canada for many years to come."

BHP Billiton, a diversified mining company involved in a wide range of commodities, launched a review of its ownership in the project last year.

THE CANADIAN PRESS

Ekati mine

- The Ekati mine, Canada's first diamond mine, is located 310 kilometres northeast of Yellowknife and 200 kilometres south of the Arctic Circle.
- Harry Winston already owns a 40 per cent stake in the nearby Diavik mine, also in the Northwest Territories, in a joint venture with Rio Tinto.

CSeries planes

Bombardier steps up China alliance

Bombardier Inc. is continuing its push to win orders of its CSeries planes in China by strengthening its collaboration with Chinese aircraft manufacturer COMAC to develop common features for their aircraft. "It's meant to develop commonalities that will make both of our aircraft attractive to customers in China, but also around the world," said a Bombardier spokeswoman. THE CANADIAN PRESS

A COMAC employee poses in front of a poster of the firm's C919 jet in August. COMAC and Bombardier are jointly developing components for their respective C919 and CSeries aircraft.
IMAGECHINA/THE CANADIAN PRESS FILE

Accounting scandal

Investors seek $240M from Olympus

Olympus Corp. says nearly 50 shareholders have filed a suit seeking about $240 million in compensation for their investment losses stemming from a massive accounting scandal.

The Japanese camera and medical-equipment maker said Tuesday that 48 mostly foreign institutional investors and pension funds filed the suit in Tokyo District Court in June. The court documents reached Olympus on Monday. The plaintiffs include the San Diego's city employees' retirement fund and a Singapore government unit.

Olympus officials have acknowledged hiding huge losses for years, using overseas bank accounts, paper companies and dubious acquisitions to keep them off its books.

THE ASSOCIATED PRESS

New study. Entrepreneurs set to retire in droves

A wave of retirements among business owners over the next few years could pose a significant risk for the Canadian economy as the country undergoes the biggest transfer of economic control in its history, according to CIBC World Markets.

CIBC says half of all owners of small and medium-sized businesses in Canada will retire over the next decade, including 310,000 that plan to transfer control of their companies within the next five years. "The economic implications of the accelerated pace at which firms are changing hands should not be underestimated," CIBC deputy chief economist Benjamin Tal said in the report issued Tuesday.

An estimated $1.9 trillion in business assets are poised to change hands in five years — the biggest transfer of Canadian business control on record, CIBC says.

THE CANADIAN PRESS

Market Minute

DOLLAR 99.81¢ (-0.06¢)

TSX 12,134.66 (-56.80)

OIL $85.38 US (-19¢)

GOLD $1,724.20 US (-$6.10)

Natural gas: $3.75 US (+18¢)
Dow Jones: 12,756.18 (-58.90)

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IT'S THE END OF THE WORLD

JUST SAYIN'
Paul Sullivan
metronews.ca

Terrorists, earthquakes, hurricanes, blackouts, financial collapse, pandemic, nuclear fallout, oh my.

Not to mention the end of the world, which is even closer than Christmas: Dec. 21, according to most paranoid interpretations of the Mayan calendar.

All these threats, real or imagined, have spawned a new generation of survivalists called "preppers." And, of course, they have their own reality-TV show: Doomsday Preppers, the most watched show on the National Geographic Channel.

(Have you noticed a trend? Cable channels like The Learning Channel, the History Channel, the Outdoor Life Network, and now, sadly, the National Geographic Channel, start off all high-minded, but inevitably deteriorate into a trailer-park farce of bounty hunters, repo men, hoarders, flea-market hucksters and, now, preppers.)

Stockpiling survivalist theories

What's different about these guys from the earlier generation of survivalists, who just worried about commies, is that preppers have a techie take; they see the world as an increasingly fragile place because we're all so dependent on the power grid for our existence and Facebook.

Preppers are like hoarders with a clearly defined objective. They've got focus. Your average hoarder is an indiscriminate squirrel who stockpiles bottle caps or stuffed moose heads or — a classic — back issues of the National Geographic. Preppers, though, are preparing for a specific threat, real or imagined.

This week's featured prepper, Braxton Southwick of Salt Lake City (these guys are never from sane places like Minneapolis or Cleveland), is worried about a weaponized smallpox terrorist attack, so he's stockpiled 700 pounds of flour, 600 pounds of sugar, 800 pounds of wheat (it won't be a gluten-free apocalypse), plus water, gas, diesel fuel, biohazard suits, coal, charcoal, and eight chickens. Oh, and 14 guns so he can blast them bacteria to smithereens.

What's different about these guys from the earlier generation of survivalists, who just worried about commies, is that preppers have a techie take; they see the world as an increasingly fragile place because we're all so dependent on the power grid for our existence and Facebook. Which means, naturally, that Iran is at this very moment developing an electromagnetic pulse weapon that will shut that grid down and 747s will fall from the sky, à la Revolution, that popular FICTIONAL show on NBC.

These people are not an isolated incident. A National Geographic survey shows 28 per cent of Americans know a prepper, and, of course, there are prepper networks. (Mad jingle music: Oh I'm a prepper, He's a prepper, She's a prepper, We're a prepper, Wouldn't you like to be a prepper too!)

The Southwicks are part of a seven-family prepper pod who hunker down, er, go on vacation together.

Of course, the really sad thing is that even though these people are crazy, it doesn't mean they're crazy. A lot of the eye-rolling stopped after Hurricane Sandy. Instead of being forced to curl up on soggy mattresses, preppers were high and dry with their stockpiles and backup generators.

The latest threat? The re-election of U.S. President Barack Obama, which apparently means the economy will collapse and your debit card will be worthless.

Better start stockpiling those bumper stickers that say: Don't Blame Me, I Voted For Mitt Romney.

Braxton Southwick and his daughter Rylee are seen as they prepare for a smallpox epidemic in West Jordan, Utah. NATIONAL GEOGRAPHIC CHANNEL

Picture-perfect parody

LANCE ARMSTRONG/TWITTER

TWITTER

Internet memes

Armstrong tweets pic and gets panned

Lance Armstrong posted the provocative photograph of himself posing with seven framed Tour de France winners' jerseys on Twitter.

"Back in Austin and just layin' around," Armstrong wrote Saturday to accompany the image of him laying on a sofa below the framed jerseys in the media and games room of his Texas home.

The picture caused a flood of comical memes poking fun at Armstrong for the tweet.

METRO

Other memes

- **Going Dutch.** Holland midfielder Mark van Bommel poked fun at both Armstrong and himself with his own tweeted picture, substituting out the victory yellow jerseys with yellow cards. Earlier this season, van Bommel, who now plies his trade at PSV Eindhoven, became the first player in Eredivisie history to pick up a yellow card in each of the first five match days of a Dutch top flight season.
- **Hall of shame.** Another photoshopped image circulating the twittersphere shows portraits of pro golfer Tiger Woods, former U.S. president Bill Clinton, former California governor Arnold Schwarzenegger and Canadian ex-sprinter Ben Johnson. Woods lost numerous sponsorship deals following revelations of extramarital affairs. Claims of infidelity have also hit Clinton and Schwarzenegger, while Johnson lost his Olympic 100-metre title due to doping.
- **What am I on?** Armstrong did a Nike commercial in 2001, where he responds to the question "What am I on?" with: "I am on my bike, busting my a– six hours a day" reinforcing his belief that his body is the only thing he needs to win. A parody has since appeared on YouTube with a voice-over saying Lance was on banned substances.

Urine and you're out

Photo-enhancing technology

In this humorous Photoshopped picture, Armstrong's jerseys are replaced with images of performance-enhancing drugs and other narcotics, and a picture of a urine sample.

The U.S. Anti-Doping Agency ordered Armstrong banned from cycling for life and stripped of his Tour de France titles. The International Cycling Union, which had originally supported Armstrong's fight, later agreed to wipe out Armstrong's record titles last month.

THE ASSOCIATED PRESS

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Did you attend a Remembrance Day ceremony?

Twitter

@true3:
Craving some good old #ottawa #shawarma #aintthesameinmontreal

@GrahameRDavis:
What a gorgeous fall afternoon in #Ottawa !

@heather_mc15:
It snowed today in Ottawa :) Conveniently started during a fire alarm...which conveniently started right before my anatomy exam :D #luckyday

@Funatorium:
I am so happy to be able to meet so many amazing people in Ottawa. I love when we can work and play together and help each other out :)

@Deanerz17:
New Ottawa number - guess this means I'm officially a resident of the city! #biggirlpantieson

@Soyatina:
It's been a month since I was in Ottawa... Time goes by way too fast. #missyouall

metro

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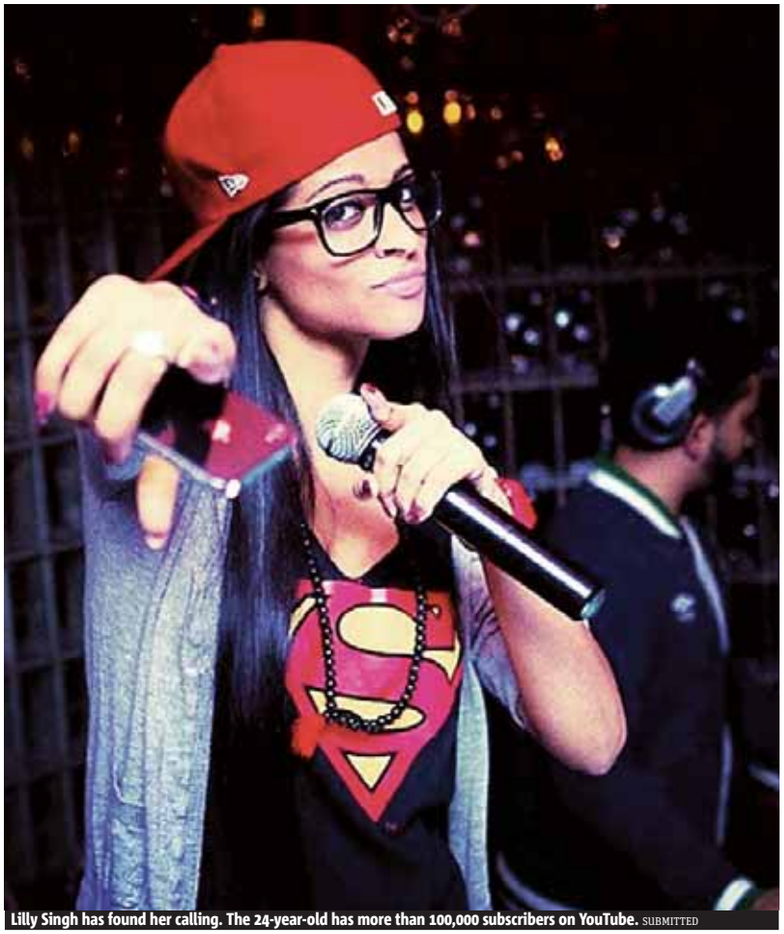
Looking for a new career? You can be a professional YouTuber

Fame. If you can get noticed, you can make some cash off the video-sharing site

RITA POLIAKOV
scene@metronews.ca



Lilly Singh has found her calling. The 24-year-old has more than 100,000 subscribers on YouTube. SUBMITTED

Lilly Singh was supposed to be a lawyer. Or a psychiatrist. Or a TV sensation.

But not a YouTuber.

"When I was younger, YouTube didn't exist," said Singh, a 24-year-old based in Markham, Ont., with a psychology degree and a knack for editing videos. "I only properly started using YouTube four years ago."

About two years ago, Singh (known as Superwoman to her cyber fans) decided to post her first video — not for fame, but for fun. Now, she not only has more than 100,000 subscribers, but has created a career on the site.

And she's not alone.

Before 2005, there were few outlets for people like Singh.

Then the video-sharing site was formed by three former PayPal employees. In 2006, it was bought by Google Inc.

As more and more users started video blogging, the concept of a YouTuber was born.

Suddenly, those who could capture the attention of enough people could make money off the site.

According to Alhan Keser, a social media marketing expert, the process is fairly simple.

"After you get a certain number of views on your videos … Google starts to share ad revenue with you," he said.

While this process has changed through the years, it served Singh well.

"Initially, before YouTube changed the format, they'd send certain people the opportunity to monetize individual videos (meaning videos can display ads)," she said.

"Now, everybody who makes content can monetize a video, but not everyone is an official YouTube partner," Singh added.

Success on YouTube is about video views. The more views, the greater chance of becoming a partner, which provides users with extra tools to succeed on the site.

"Don't get me wrong," Singh said. "I'm not balling off YouTube. I'm just barely sustainable."

While she may not be rich, the YouTuber has found her calling.

"My dad still thinks I'm going to be a lawyer till this day. I sat (my parents) down and I'm like, 'Listen. This is what I want to do, but I promise you I'll do it well,'" Singh said.

And she has.

Her videos, which range from skits about living in an Indian household to rants about the difficulties of working out — "What if there's little people that live in our boobs, and every time we do jumping jacks it's like an earthquake for them?" — often get more than 100,000 views.

"(YouTube) has allowed people to express themselves in a way that wasn't achievable before," she said.

Tips

Lilly Singh, or Superwoman, as she's known on YouTube, turned her videos into a full-time career. So how do you capitalize on the site's potential? Singh and social media marketing expert Alhan Keser, of Blue Fountain Media share some tips.

- **Make videos people want to watch.** "Unless you create content people keep coming back to, it's not going to happen. Just like any publication, you've gotta be creating content that's relevant to your following," Keser said.
- **Promote yourself.** "To get the views, a good way to start is to use the promoted videos option. You pay a small amount for your video to show up for certain searches," Keser said. YouTube's keyword tool can also help ensure viewers find your videos.
- **Don't mind the haters.** "You can not let (mean comments) get to you. You need to really love what you're going to do and commit to it. Above all, believe (in) what you're posting," Singh said.

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Taylor Swift. ALL GETTY IMAGES

Taylor Swift doesn't want to wear the pants in a relationship

Taylor Swift has certainly had enough relationships in the last few years to get a sense of what she's looking for, and it turns out she sometimes just wants to be told what to do.

"If I feel too much like I'm wearing the pants, I start to feel uncomfortable and then we break up," she tells Harper's Bazaar.

"It's wonderful to hand over the reins to your boyfriend when you control so much of these big, high-pressure decisions, you know? That is a huge factor in who you choose to be with."

The Word

Clock ticking on Bieber, Gomez getting back together?

While Justin Bieber fans are still in shock over his split from Selena Gomez, there might be good news for them on the horizon.

It appears the pair met up on the sly at the London Hotel in New York City this week, according to Hollyscoop.

Bieber was spotted slipping into the hotel a few hours after Gomez checked in, and she later left with a Bieber pal, Alfredo Flores, while Bieber himself reportedly snuck out the back entrance with Gomez's bodyguard.

And besides, both are expected to attend this weekend's American Music Awards, so the clock is ticking for a reconciliation.

Lohan ditches Walters interview to go on Leno

Barbara Walters is "disappointed" that Lindsay Lohan's new PR team canceled their planned 20/20 interview — especially now that Lohan has announced she'll sit down with Jay Leno for the Tonight show next week.

"I think to go on Jay Leno and be adorable and amusing, there's still all the problems," Walters says on The View, adding that her chat with Lohan "would have been a wonderful interview. She could have set a lot of things straight. I think it could have helped her."

Barbara Walters

Twitter

@aplusk
What is the most useful app on your phone?

@katyperry
I finally turned the faucet back on and it's a flowing... Well well well

@ParisJackson
had soooo much fun at disneyland today!!

@SteveMartinToGo
Latest poll shows that many American believe that Abraham Lincoln is the current president who just made a movie.

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Ottawa Citizen
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eat me

Keira Knightley comfortable with some nudity

Keira Knightley has a simple set of rules for how much skin she'll show on camera, and going topless isn't a problem for the British actress.

"I'm quite rigorous about what gets exposed," she tells Allure magazine.

"No bottom half! I don't mind exposing my (breasts) because they're so small — people really aren't that interested."

The magazine appears to disagree, using a topless photo of Knightley, carefully shielding her chest with her arms, for the cover.

Keira Knightley

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LIFE 3

5 spots to go wild

Want to see your favourite animal outside the zoo?
Here are the best places to track down some of the world's most exciting beasts.

EMMA E. FORREST
Metro World News

1 Lemurs in Madagascar

The world's fourth-largest island of Madagascar has unique and exotic flora and fauna that has evolved since it became isolated more than 160 million years ago, and its most iconic species is the lemur. There are more than 30 kinds of this cute primate living on the island. Stay at Vakona Lodge and you can go on expeditions into the local rainforests to find nocturnal and daytime lemurs including the Indri Indri, Diadem Sifaka and mouse lemur. The Lodge also has a private reserve on an island, which is home to black and white ruffed lemurs and eastern lesser bamboo lemurs that have been rescued from captivity.

aardvarksafaris.com.

2 Kangaroos in Australia

Want to spot a kangaroo bouncing in the wild? The best place to find them is Kangaroo Island, South Australia, a short flight from the city of Adelaide. The island broke free from the mainland 10,000 years ago and there's even a unique sub-species of kangaroo there as well as the regular 'roos. A third of this island is preserved as a national conservation park, and it's a bit like a zoo without enclosures, with many of the country's native creatures roaming free, including wallabies, koalas and spiny short-beaked echidnas.

southaustralia.com

3 Leopards in South Africa

For the best sightings of leopards languishing in the trees, the best place is Sabi Sand, the oldest private reserve in South Africa and home to a huge wealth of Africa's most exciting animals, including lions, cheetahs, giraffes and, of course, leopards. It's also the setting for some of the country's most glamorous lodges. Their expert trackers will take you by four-by-four to hunt down leopards to shoot — with your camera, of course. For a honeymoon, stay at a lodge in the Singita Sabi Sands concession, where you can recover in plush surroundings after getting up at 5 a.m. to look for leopards.
singita.com

4 Orangutans in Borneo

Love a flaming redhead? Then you probably love orangutans. You can find them in the wild and in rehabilitation centres in the Malaysian island of Borneo. The best place to track them down is by following one of the trails in the Danum Valley Conservation Area or by boat along the Kinabatangan River at the Kinabatangan Wildlife Sanctuary in Sabah, where you'll also see crocodiles, proboscis monkeys and elephants. The shaggy beasts also roam free at the rehabilitation centre in Kubah National Park in Sarawak, and you can join a ranger on a jungle tour to visit them.
tourism.gov.my

5 Pandas in China

Remember those adorable pandas you saw on the news when they were relocated after the huge earthquake in Sichuan province in 2008? All 18 of them have just returned to eat their bodyweight in bamboo at the Wolong Nature Reserve, 100 kilometres from Chengdu city, where they live in large, newly-rebuilt enclosures. You can hold panda babies and volunteer to look after them there or at Bifengxia Panda Reserve where the Wolong pandas stayed after the quake. It's only a two hours drive from Chengdu, and visitors can see adult and baby pandas in an enclosure.
thechinaguide.com

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Easter Island still filled with mystery

Tricky travels. The moai statues aren't the only enigma on this remote outpost — try booking a hotel and planning a trip

From its famed giant stone statues to finding a good, affordable hotel, Easter Island is full of mysteries.

There are ancient questions, like how the statues were transported, and why the island lost its trees. And there are modern puzzles, like what $1,600 a night will get you in a hotel and why roads aren't better marked for visitors touring the island.

Perhaps it's fitting that riddles still exist on the most remote inhabited island on earth — a Chilean territory in the South Pacific, 3,700 kilometres to the west of the South American continent.

A recent issue of National Geographic magazine outlined six different theories on how a people with no wheel and no draft animals were able to move massive statues weighing up to 90 metric tons as much as 18 kilometres across the island.

Upon arriving, visitors are greeted in the Polynesian tradition with flower leis, then given a brief tour of the town of Hanga Roa, home to most of the island's 5,500 residents.

With more than 50,000 visitors a year, the island is home to an assortment of restaurants, car rental agencies, markets, souvenir stores, watersport shops and small hotels, and since everything is imported to the island, prices are high.

It can be a challenge to plan a trip to Easter Island. Little independent information is available online, and Easter Island, or Rapa Nui as the locals call it, is but a few pages in most guidebooks. Most hotels appear spartan, while the luxurious and all-inclusive Explora is $1,600 a night. A new option, the waterfront Hangaroa Eco Village & Spa, rings in at $550 a night. Once settled in your hotel, arrange a day-long outing with James Grant-Peterkin, author of the book A Companion To Easter Island.

His tour takes visitors around the 163-square-kilometre island, introducing them to the moai statues. Although they are often referred to as heads, they are in fact whole-body carvings made by descendants of the first Polynesian settlers hundreds of years ago. Just what they represent and why they were toppled in the century after the first European explorers arrived in 1721 is another unknown.

Fewer than 50 of the statues have been re-erected by archeologists, and the most impressive of these is a site where 15 colossal moai stand on a ceremonial platform more than 213 metres long.

Just down the road is the National Park of Rano Raraku, the quarry where the moai were carved. A path winds among the 400 statues, completed to varying degrees. Whatever their reason, there is no doubt that workers stopped ahead of schedule, leaving a stone graveyard to what was once a sophisticated civilization.

Most of the moai are buried up to the neck, giving the impression that they are nothing more than heads. One, lying on its back, measures about 21 metres in length. Another has a petroglyph of a European sailing ship scratched onto its belly. One depicts the moai kneeling, the only one known to have legs. Sadly, this unique sculpture is being worn away by the elements, something people here seem resigned to accept.

But there is more to the island than moai. Visit the site of the ancient birdman competitions, where men would scramble down a 305-metre cliff, then swim 1.6 kilometres through crashing waves to a rookery where they would camp, waiting to claim a tern egg for their chief.

There are volcanic craters, and a 6.4-kilometre-long lava tube, and you can swim off a sandy beach in the shadow of more moai.

Yet another small wonder can be found at the island's tiny museum. Here, one can examine copies of the wooden Rongo Rongo tablets, which are covered in an unknown script. Only 26 of these remain in existence, all overseas, and all undeciphered, adding to the mystery of Easter Island.

THE ASSOCIATED PRESS

If you go...

- **Easter Island.** A Rapa Nui National Park pass is $50 at the airport for non-Chileans, $60 elsewhere.
- **Getting there.** Direct flights on LAN Airlines from Santiago, Chile; Lima, Peru and Tahiti.
- **What's in a name.** The original name of the island is lost. It is called Easter Island because the first Dutch explorer spotted it on Easter in 1721.

Fifteen moai stand watch at Tongariki on Easter Island. THE ASSOCIATED PRESS

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Skip the store-bought stuff and make the quintessential fall treat at home

Did you know that small "pie" pumpkins are now available at many farmers markets so you can savour locally grown harvest flavour?

Start the savouring with this recipe, but be careful not to overbake it or the filling will dry out and crack.

Ingredients

- 1 small pie pumpkin
- 2 eggs
- 50 ml (1/4 cup) granulated sugar
- 45 ml (3 tbsp) brown sugar
- 7 ml (1 1/2 tsp) ground cinnamon
- 5 ml (1 tsp) ground ginger
- 1 ml (1/4 tsp) grated nutmeg
- 1 ml (1/4 tsp) salt
- 22 ml (1 1/2 tbsp) brandy (optional)
- 150 ml (2/3 cup) 35 per cent whipping cream
- 23-cm (9-inch) pie crust, partially baked in advance

1. Preheat oven to 180 C (350 F). Then cut pumpkin in half; scrape away seeds and fibre and place cut side down on an oiled baking sheet. Cover with foil and bake until very tender. Timing will vary from 35 minutes to more than an hour depending on the size and density of the pumpkin. Let pumpkin cool, then remove peel and mash until very smooth. If you wish, force puree through a fine-meshed sieve for extra smooth texture. Let cool and refrigerate. Set aside 375 ml (1 1/2 cups) pumpkin puree for this 23-cm (9-inch) pie; any extra can be frozen for future use.

2. In a large bowl, using an electric mixer on medium speed or with a whisk, beat eggs and both sugars together until combined and smooth and pale in colour. Add pumpkin, cinnamon, ginger, nutmeg and salt. With electric mixer or using a wooden spoon, stir to combine. Fold in cream and brandy, if using.

3. Place pie plate lined with partially baked pastry shell on a baking sheet. Fill with pumpkin mixture. Bake in a 180 C (350 F) oven until pastry is golden and filling is just set, 40 to 45 minutes. Let stand for 10 minutes.

4. Serve at room temperature or chilled, perhaps with a spoonful of sweetened vanilla or brandy-flavoured whipped cream on the side.

THE CANADIAN PRESS/ ALL THE BEST RECIPES BY JANE RODMELL (ROBERT ROSE, 2009)

The Best Pumpkin Pie

This recipe serves six. THE CANADIAN PRESS HANDOUT

Drink of the Week

Cold Pumpkin Pie Cocktail

Pumpkin pie is the perfect fall treat. This delicious drink pays homage to it with tasty vanilla vodka and Baileys Irish Cream.

- 2 oz vanilla vodka
- 1/2 oz pumpkin spiced syrup
- 3/4 oz lemon juice
- 1/2 oz Baileys Irish Cream
- 1/4 oz Frangelico

Shake all of the ingredients hard and strain them into a cocktail glass. Garnish the top with a dash of cinnamon.

METRO WORLD NEWS/ COLIN MAXWELL, ABE & ARTHUR'S IN NEW YORK

Pumpkin Almond Cookies. Pair with coffee

Ingredients

- 625 ml (2 1/2 cups) flour
- 5 ml (1 tsp) baking soda
- 2 ml (1/2 tsp) salt
- 5 ml (1 tsp) nutmeg
- 5 ml (1 tsp) cinnamon
- 125 ml (1/2 cup) each butter and almond butter
- 250 ml (1 cup) sugar
- 125 ml (1/2 cup) brown sugar
- 1 egg
- 250 ml (1 cup) reduced pumpkin puree (reduce in a pan over medium heat, stirring frequently, for at least an hour, until colour becomes a deep brown)
- 5 ml (1 tsp) vanilla
- 125 ml (1/2 cup) diced almonds, toasted
- 250 ml (1 cup) chocolate chips

1. In a medium bowl, mix together flour, baking soda, salt and spices; set aside.

2. In the large bowl of an electric mixer, cream together butter, almond butter and sugars until light and fluffy. Add egg, pumpkin and vanilla and mix until just combined. On medium-low speed, add flour mixture until fully incorporated. Remove bowl from mixer and stir in almonds and chocolate chips.

3. Drop teaspoonfuls onto a greased or lined cookie sheet and flatten slightly with the back of a spatula. Bake in a 180 C (350 F) oven for 15 minutes or until lightly browned. Transfer cookies to a wire rack to cool completely.

THE CANADIAN PRESS/ALMOND BOARD OF CALIFORNIA

Chocolate, walnuts and pumpkin coexist in bread

This delicious recipe makes an oil-based quick bread that uses untoasted walnut oil, but you can use any neutral vegetable oil. If you make the bread closer to the holidays, add dried cranberries for a seasonal touch, but the bread also is good with the addition of golden raisins and dried cherries.

Finally, decorate the top with whole walnut halves or a layer of chopped walnuts. Both the look and the texture of this extra touch are great. It dresses up a simple loaf of quick bread and gives it a rustic, homemade but professional presentation.

1. Heat oven to 350 F. Coat 2 standard loaf pans with baking spray.

Ingredients

- 4 eggs
- 3/4 cup granulated sugar
- 3/4 cup packed light brown sugar
- 15-oz can pureed pumpkin
- 1 1/4 cups walnut oil (not toasted)
- 3 cups all-purpose flour
- 2 tsp baking soda
- 2 tsp baking powder
- 1 generous tsp cinnamon
- 1 tsp table salt
- 1/4 tsp ground dry ginger
- 1/4 tsp nutmeg
- 2 cups dark chocolate chips
- 2 cups lightly toasted walnuts, plus more for decorating the top

2. In bowl, beat eggs, both sugars, pumpkin and oil until smooth. In second bowl, whisk flour, baking soda, baking powder, cinnamon, salt, ginger and nutmeg. Add dry ingredients to wet and mix well. Fold in chocolate chips and walnuts.

3. Fill each prepared loaf pan about three-quarters full with batter. Drop each on counter a few times to release air bubbles. Sprinkle additional walnuts over top of each loaf, using hand to gently press into the batter. Place pans on baking sheet to make it easier to pull out of the hot oven.

4. Bake 60 minutes, or until a toothpick inserted at centre of each loaf comes out clean. Let cool for 1 hour before slicing into thick chunks.

THE ASSOCIATED PRESS/ ELIZABETH KARMEL, A GRILLING AND SOUTHERN FOODS EXPERT AND EXECUTIVE CHEF AT HILL COUNTRY BARBECUE MARKET RESTAURANTS IN NEW YORK AND WASHINGTON

Do you suffer from GRASS allergies?

Kanata Allergy Services, in conjunction with Kingston General Hospital, is looking for people to participate in a study about an investigational drug for grass allergies.

If you sneeze from May to mid-July and have a runny nose and itchy eyes that make you miserable, chances are you suffer from grass allergies. You may be eligible to participate if you are 18 to 65 years of age and have had grass allergy symptoms for at least two years.

Compensation is provided.

For more information, please call Jeanne at 613-599-5700 ext. 23
or email: kanataallergy@gmail.com

Pitch perfect: Selling the professional self

A CV for sales.
It's a position that calls for impeccable presentation, so give that resumé a serious once-over

LEAH RUEHLICKE
TalentEgg.ca

If you're looking to enter the sales industry, your first task will be effectively selling yourself through your resumé.

After all, if you can't submit a convincing pitch or create an effective sales document, employers probably won't take you seriously for an entry level sales job.

Lidia Cords, human resources and talent acquisition manager at Collective Point of Sale Solutions in Toronto, offers some tips and best practices on how to ensure you make that sale:

Sales resumé No. 1: Have an objective

Including a relevant objective confirms to a potential employer that you know which job you're applying to and have made efforts to personalize your resumé for that position. You can even mention the name of your desired role in the objective.

That being said, having no objective is better than having a general objective. "So often objectives don't make sense to the role you're applying to and you can lose credibility that way," Cords warns.

Sales resumé No. 2: Be relevant and specific

"The way you showcase your experience is what's going to set you apart," Cords says. For example, imagine two resumés with the same experience at a fast food restaurant. If one candidate lists very simply what their role was, while the other elaborates that they often worked the drive-thru and consistently beat the time allotted for each order, it's easy to see which resumé an employer is going to be more drawn to.

Sales jobs are often about meeting goals and achieving targets, whether that's in terms of dollars and cents, contacts made, meetings booked or other metrics, so it's essential that you find ways to demonstrate that you are results-oriented in your resumé.

Demonstrating that you are a results-oriented individual is imperative in landing that sales job. ISTOCK

Furthermore, not all students and new grads have a lot of direct sales experience, but there are many ways you can tap into other experiences you've had and relate them to sales.

You might have worked for your school's alumni association conducting cold calls to potential donors, for example. This would allow you to showcase your ability to communicate and negotiate with people, and express your experience making outbound calls. "This is a skill you really want to highlight for a sales job," Cords says. "You really want to pull out the relevant skills that make sense for the job you're applying to."

Sales resumé No. 3: Use keywords

The sales industry, like any field, requires candidates with particular strengths. Use words and phrases such as:

- self-motivated
- results-oriented
- competitive
- outgoing
- hard working
- driven

Then explain why these words describe you using real examples. For example, including your extra-curricular experience on a sports team will demonstrate your competitiveness. Writing about your leadership role on a committee at school shows your hard-working nature.

"Keywords are important," Cords says. "Really review the job that you're applying for and emphasize their criteria on your resumé."

Sales resumé tip No. 4 Be eye-catching and error free

Every recruiter is going to have a personal preference as to what really catches their eye, but something that all hold as absolutely vital is a resumé that is easy to read. "If a resumé is hard to read and you can't see those keywords quickly, you might get bypassed," Cords says.

Cords also emphasizes the importance of ensuring you have zero mistakes in the spelling and grammar department.

Another tip? Present your resumé in a PDF file rather than a Word document (unless otherwise specified, of course — pay close attention to what the employer is requesting).

When an employer opens up your resumé on a Word document, they're going to be presented with all of those oh-so-eye-appealing red underlines. Even if you have nothing spelled wrong, the name of a company or even your own name is bound to get noticed by the spell checker.

"This brings attention to those things rather than your experiences and what is actually important," Cords says.

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Student voice

A rough go after graduation

Harmanmeet Garg
Graduate, Computer networking
Humber College
TalentEgg.ca

I came to Canada as an international student and studied computer networking at Humber College in Toronto. Then I moved to Winnipeg to settle and get permanent residency because it's easier to get permanent residency in Manitoba than in Ontario.

When I graduated, I applied for lots of jobs and I am still applying — every day I apply for 20 to 25 jobs online, and on weekends I hand out my resumés at stores.

I have the computer knowledge, excellent mathematical, data entry, multitasking and interpersonal skills, and I am hard-working, but I have received no replies to my applications.

What I'm doing now

I am working full-time at Wendy's, where I am doing my best to get promoted because I don't want to work on a grill dropping meat patties for $10 an hour. I respect every job and profession, but it's not my career interest.

Plus, I am only earning about $1200 per month and I need money to pay back my student loan. I am well qualified and I do my best in a job, so I am trying to get a job with a good salary in a good company.

My advice for students

My advice is choose what you study according to your interests and study hard, because when you graduate it matters a lot how well you studied.

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Help clients sign any line that will make their business shine. ISTOCK

Developing dreams. This exciting line of work requires brains, brawn and an entrepreneurial spirit

HERBERT LUI
TalentEgg.ca

There's an extremely important function in a business that has gained a lot more prominence lately. The words "business development" are starting to pop up more and more. Even more relevant is an organization's willingness to let young workers and interns participate in this function.

Fundamentally, as the name suggests, business development is about growing a business. In larger companies, this means creating a very high-level vision, and developing the relevant strategies for the company to reach that vision.

There's often a mix-up that happens in people's minds between business development roles and sales roles. "The confusion happens because with startups, those two stages are the same. In comparison to the early days of brute force selling, companies gradually need to start looking at growing at a more strategic level," explains Jet Cooper co-founder and director of business development Satish Kanwar.

In smaller startups, a lot of business development is essentially intertwined with sales, because that's the healthiest way for smaller organizations to grow. Customer acquisition, especially in the early stages of a company, is a crucial task to a young company — both in terms of cash, but also in terms of idea validation and increasing its appeal to potential investors or acquirers.

"Business development determines how much of the business will grow, and where that growth will come from, and defines the approach to capturing that growth," elaborates Kanwar. "Sales creates the relationships with customers or users in order to align them to that product or service. Sales is the execution of the plan; business development is the creation and focus, and measurement, of that plan."

Business development, as a whole, is very much about exploring the unknown. Creativity is crucial to this role. Similarly, focus is important. Business development people can't afford to spend their time in random meetings. Instead, they need to work with brands that have momentum.

Excellence in business development also comes in the form of a quality that a lot of successful business development people share. The term hustling refers to a trait that is extremely valued, particularly by individuals looking to recruit for business development. There isn't one standard definition of hustling, but essentially hustling is about working hard, being resourceful, and making results happen on time.

I'm a hustler, baby

Those of you interested in a business development role may be curious to see if you'd fit in well. Vino Jeyapalan, who was a business development account manager at mobile advertising startup Kiip, highlights these principles as essential:

- **The results show**: A business development role absolutely requires delivery of promised results — if you like the challenge and work best under this bit of pressure, then this will be a good role for you.
- **Build quality relationships:** Clients aren't just prospects with names — they're human beings. It's important not to only sell your product, but to also sell your personality traits and your delivery of services for the client.
- **Be persistent:** There will be days when you close every deal, but there will also be days when nothing seems to go properly. As an individual responsible for growing the business, your job calls for you to come to work every day fresh and ready to hustle.

What does it all mean?

"Business development determines how much of the business will grow, and where that growth will come from."

Satish Kanwar
Co-founder and director of business development of Jet Cooper

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DETERMINE YOUR RISK

CANRISK QUIZ CAN HELP PREDICT YOUR ESTIMATED RISK OF TYPE 2 DIABETES

ISTOCKPHOTO/THINKSTOCK

It's a little known fact that more than one million Canadians who are living with type 2 diabetes don't even know they have it, and many others are at risk of developing it.

Thanks to an easy 11-step Canadian Diabetes Risk (CANRISK) questionnaire that takes mere minutes to complete online, you can learn your estimated risk of developing pre-diabetes or type 2 diabetes.

"Knowing your risk can help you make healthy choices now that will reduce your risk of developing diabetes," says Jeannette Wang, the senior vice-president of professional affairs and services for Shoppers Drug Mart.

Type 2 diabetes, the most common form of the disease, develops when your pancreas doesn't produce enough insulin or your body doesn't properly use the insulin it makes. The number of Canadians with type 2 is increasing rapidly due to several factors, including an aging population, rising obesity rates and more sedentary lifestyles.

Aboriginal people are three to five times more likely than the general population to develop type 2 diabetes. And almost 80 per cent of new Canadians come from populations that are at higher risk for type 2 diabetes, including those of Hispanic, Asian, South Asian and African descent.

The CANRISK questionnaire will ask about important risk factors for diabetes, including your age, gender, family history, nutrition choices and ethnicity. You will also need to know your height, weight and waist measurement. The results are for your information only and confidential; the information is automatically deleted when you close out of the questionnaire.

While the questionnaire is targeted mainly at adults between the ages of 40 and 74, it may also benefit younger people with apparent risk factors.

For example, if the results indicate a high estimated risk, making certain healthy lifestyle changes — such as increasing exercising, eating more low-fat foods, fibre and fruit, and quitting smoking — can reduce the risk.

Throughout the year, Shoppers Drug Mart pharmacies hold CANRISK screening days. "We really want to encourage the public to reach out to their Shoppers Drug Mart pharmacists in the pharmacies and online," Wang says.

To complete the CANRISK questionnaire, visit canrisk.shoppersdrugmart.ca. If you don't have a computer, ask your Shoppers Drug Mart pharmacist to print a paper version for you.

– Jane Doucet

CDE'S ARE A VALUABLE RESOURCE

A certified diabetes educator (CDE) is a trained health-care professional who can help Canadians manage every aspect of their diabetes care, whether you were recently diagnosed or you have lived with diabetes for years.

In addition to advising you on blood-glucose monitoring, a CDE can provide information about diabetes medications and develop healthy-eating and physical-activity plans tailored to your specific needs.

"Shoppers Drug Mart has 450 pharmacists across Canada who are certified diabetes educators," says Jeannette Wang, the senior vice-president of professional affairs and services for Shoppers Drug Mart.

Because the number of Canadian adults being diagnosed with type 2 diabetes is rising rapidly, there are often weeks-long waiting lists for patients to get an appointment at diabetes centres or clinics.

BANANASTOCK/THINKSTOCK

"In those cases and for ongoing care, Shoppers Drug Mart pharmacists and CDEs are a great resource," Wang says. "They can bring so much awareness to help people manage their diabetes, and they sometimes can take appointments the same day or in a day or two."

A CDE can set aside the time to meet with a diabetes patient in a private counselling area of the pharmacy. He or she might administer an A1C blood test (a marker to indicate how well your diabetes is being managed over a three-month period) or answer questions about whether certain over-the-counter medications are safe to take.

If you don't understand something about your diabetes care, keep asking questions until the information is clear. For example, if you are prescribed a medication for the first time, make sure you ask your pharmacist what its purpose is and when you should take it.

It's important for Canadians to know that they can take advantage of the wide range of support that's available through the wide array of health-care professionals in their communities. "All Shoppers Drug Mart pharmacists have the knowledge to take care of Canadians with diabetes, but CDEs have additional training," Wang says.

Talk to your Shoppers Drug Mart pharmacist about booking an appointment with a certified diabetes educator. For more information about CDEs, visit shoppersdrugmart.ca.

– Jane Doucet

SHOPPERS DRUG MART A1C CLINICS

The A1C is a test that shows the average level of blood sugar (glucose) over the previous three months. It also indicates how well you are controlling your diabetes. The higher the A1C level is above target, the poorer the blood-sugar control and the higher the risk of diabetes-related complications, such as kidney and nerve damage and vision loss.

Shoppers Drug Mart pharmacies across Canada hold A1C clinics throughout the year to help people with diabetes better manage their health.

"If you've missed a clinic but you would like to have an A1C test, ask your Shoppers Drug Mart pharmacist if he or she can administer it," says Jeannette Wang, the senior vice-president of professional affairs and services for Shoppers Drug Mart.

Want to take control of your diabetes?

Our Pharmacists can offer the resources and support to help.

Visit your local Shoppers Drug Mart Pharmacy today to speak to a Pharmacist about taking charge of your health.

You can also speak with one of our Certified Diabetes Educators who can help you better understand and manage your condition, diabetes medications and more.

To find a Certified Diabetes Educator at the location nearest you, visit **shoppersdrugmart.ca/locator**.

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SHOPPERS DRUG MART

NFL

Injury questions surround 'Big Ben'

Ben Roethlisberger left Heinz Field on Monday night with his sprained right shoulder in a sling. When he walks back in ready to play is anybody's guess.

Steelers coach Mike Tomlin called Pittsburgh's quarterback "questionable" but otherwise offered little detail Tuesday, less than 24 hours after Roethlisberger was pounded into the ground by Kansas City linebackers Tamba Hali and Justin Houston in Pittsburgh's 16-13 win.

"He is being evaluated," Tomlin said. "Obviously this injury puts his participation in the questionable category for this week."

THE ASSOCIATED PRESS

MLB

Marlins, Jays pull blockbuster: Source

The Blue Jays were in the midst of a blockbuster trade with the Miami Marlins on Tuesday night.

Several reports — namely, from Fox Sports baseball columnists Ken Rosenthal and Jon Morosi — indicated as many as 12 players had been traded, with the Jays sending shortstops Yunel Escobar, Adeiny Hechavarria, pitcher Henderson Alvarez, as well as a trio of highly ranked prospects — Justin Nicolino, Jake Marisnick and Anthony DeSclafani — to Miami in exchange for starting pitchers Josh Johnson and Mark Buehrle, shortstop Jose Reyes, catcher John Buck and utility player Emilio Bonifacio. TORSTAR NEWS SERVICE

Josh Johnson GETTY IMAGES FILE

New CBA stalled by owners' complacency, Crosby says

Sidney Crosby listens to a reporter's questions after an informal workout on Oct. 11 in Canonsburg, Pa. KEITH SRAKOCIC/THE ASSOCIATED PRESS FILE

NHL. Pens' superstar centre frustrated by league's hard-line stance

Sidney Crosby says it takes two to tango.

The Pittsburgh Penguins captain stood by his frustration Tuesday at the lack of movement in negotiations on a new collective bargaining agreement between the NHL and the NHL Players' Association.

And Crosby pointed the finger squarely at the owners.

"I don't think there's much negotiating going on. I think as far as the proposals are concerned it's just kind of at a standstill right now," Crosby told reporters after skating in Pittsburgh. "I think that we've made steps to show that we're willing to negotiate.

"I don't think that's really happening on the other side."

Talks between the NHL and the NHLPA to end the lockout stalled again over the weekend. No bargaining sessions are planned and Crosby says players feel like they're negotiating with an unwilling partner.

"The desperation to play doesn't really seem like it's on their side. I think there's a deal to be made (but) I think negotiations have to be made if there's going to be a deal," he said. "If it keeps going like this, everybody's going to lose, there's no way around it.

"Everybody's going to lose."

NHLPA special counsel Steve Fehr told a panel in Toronto on Monday that three issues remain to be solved: The split of money, player contract rights and who pays for the damage caused by the lockout.

The NHL has proposed changes to entry-level deals, arbitration, free agency and contract limits.

Those issues particularly irked Crosby and he reiterated those feelings Tuesday.

"Guys aren't going to give in when it comes to contract stuff. It's not going to happen," Crosby said. "It's ridiculous to try to change that after the success the league and everybody's had here the last seven or eight years." THE CANADIAN PRESS

Quoted

"It doesn't have anything to do with (money), it's the rights of players within your profession, so that's what I think guys are definitely going to stand strong on."

Sidney Crosby

Lines in the sand

Still holding out hope

The owners locked out the players in mid-September and all games up to Nov. 30 have been cancelled.

The Winter Classic outdoor game that was scheduled for Jan. 1 has also been axed.

It is believed a deal would need to be struck early next week for a shortened season to begin on Dec. 1.

"It's tough when you want to play hockey and I don't think the other side really takes that serious. They're able to do that, that's not their livelihood," Sidney Crosby said.

Despite his frustration, Crosby is reserving judgment on whether there will be a 2012-13 NHL season.

"I'd like to think that everyone will find a way to make it work. That's really what it boils down to, everyone finding a way to make it work," he said. "It's a bit of give and take and that hasn't really happened yet." THE CANADIAN PRESS

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NBA

EASTERN CONFERENCE

	W	L	Pct	GB
New York	4	0	1.000	—
Miami	6	2	.750	—
Milwaukee	4	2	.667	1
Brooklyn	3	2	.600	11/2
Philadelphia	4	3	.571	11/2
Chicago	4	3	.571	11/2
Boston	4	3	.571	11/2
Atlanta	3	3	.500	2
Indiana	3	4	.429	21/2
Charlotte	2	3	.400	21/2
Orlando	2	4	.333	3
Cleveland	2	5	.286	31/2
Toronto	1	6	.143	41/2
Washington	0	5	.000	41/2
Detroit	0	8	.000	6

WESTERN CONFERENCE

	W	L	Pct	GB
San Antonio	6	1	.857	—
Oklahoma City	6	2	.750	1/2
L.A. Clippers	5	2	.714	1
Memphis	5	1	.833	1/2
Minnesota	5	2	.714	1
New Orleans	3	2	.600	2
Dallas	4	4	.500	21/2
Phoenix	4	4	.500	21/2
Utah	4	4	.500	21/2
Denver	4	4	.500	21/2
Golden State	3	4	.429	3
Houston	3	4	.429	3
L.A. Lakers	3	4	.429	3
Portland	2	5	.286	31/2
Sacramento	2	5	.286	4

Division leaders ranked in top four positions and best eight teams qualify for playoffs

Tuesday's results
Toronto at Indiana
New York at Orlando
Washington at Charlotte
Cleveland at Brooklyn
Portland at Sacramento
San Antonio at L.A. Lakers
Monday's results
Utah 140 Toronto 133 (3OT)
Milwaukee 105 Philadelphia 96
Oklahoma City 92 Detroit 90
Miami 113 Houston 110
Boston 101 Chicago 95
Minnesota 90 Dallas 82
Phoenix 110 Denver 100
Atlanta 95 Portland 87
Sunday's results
Brooklyn 82 Orlando 74
L.A. Clippers 89 Atlanta 76
Memphis 104 Miami 86
Oklahoma City 106 Cleveland 91
L.A. Lakers 103 Sacramento 90
Wednesday's games — All Times Eastern
Detroit at Philadelphia, 7 p.m.
Utah at Boston, 7:30 p.m.
Charlotte at Minnesota, 8 p.m.
Memphis at Oklahoma City, 8 p.m.
Indiana at Milwaukee, 8 p.m.
New Orleans at Houston, 8 p.m.
Washington at Dallas, 8:30 p.m.
Chicago at Phoenix, 9 p.m.
Miami at L.A. Clippers, 10:30 p.m.
Atlanta at Golden State, 10:30 p.m.
Thursday's games
Boston at Brooklyn, 8 p.m.
New York at San Antonio, 8:30 p.m.
Miami at Denver, 10:30 p.m.

JAZZ 140, RAPTORS 133 (3OT)

LATE MONDAY

UTAH (140)
Millsap 11-16 9-10 34, Jefferson 9-20 5-6 24, Foye 4-7 8-9 20, M. Williams 6-16 2-2 17, M. Williams 6-9 4-6 17, Favors 6-12 3-6 15, Hayward 4-11 2-2 12, Kanter 0-1 1-2 1, Tinsley 0-1 0-0 0. Totals 46-93 34-43 140.
TORONTO (133)
Derozan 16-33 4-7 37, Calderon 8-16 2-2 20, Kleiza 7-16 3-3 20, Bargnani 5-17 8-9 19, Johnson 5-8 1-3 11, Valanciunas 3-3 4-4 10, Lucas 3-6 0-0 7, McGuire 2-3 1-2 5, Davis 2-4 0-0 4, Gray 0-1 0-0 0, Ross 0-1 0-0 0. Totals 51-108 23-30 133.

Utah	**26**	**26**	**30**	**22**	**11 —140**
Toronto	**28**	**29**	**30**	**17**	**11 —133**

3-Point Goals—Utah 14-26 (M. Williams 3-7, Foye 4-6, Hayward 2-6, Millsap 3-4, Jefferson 1-2, M. Williams 1-1). Toronto 8-24 (Kleiza 3-7, Derozan 1-6, Calderon 2-4, Bargnani 1-4, Lucas 1-3). **Rebounds—**Utah 46 (Jefferson 17, Millsap 9, Favors 6, M. M. Williams 5, M. M. Williams 3, Hayward 3, Kanter 3). Toronto 52 (Johnson 14, Davis 9, Derozan 8, Bargnani 8, Kleiza 7, McGuire 3, Calderon 2, Valanciunas 1). **Assists—**Utah 30 (M. M. Williams 14). Toronto 31 (Calderon 17). **Total Fouls—**Utah 26, Toronto 31. A—18,230 at Toronto. T—3:14.

CFL

PLAYOFFS

DIVISION SEMIFINALS
Sunday's results
East Division
Toronto 42 Edmonton 26
West Division
Calgary 36 Saskatchewan 30
DIVISION FINALS
Sunday, Nov. 18 — All Times Eastern
East Division
Toronto at Montreal, 1 p.m.
West Division
Calgary at B.C., 4:30 p.m.
Sunday, Nov. 25
100TH GREY CUP
At Toronto — East vs. West Winners, 6 p.m.

SOCCER

MLS PLAYOFFS

CONFERENCE FINALS

(two-game, total-goals series)

EASTERN CONFERENCE

D.C UNITED VS. HOUSTON

(Houston leads series 3-1)
Sunday's result
Houston 3 D.C. 1
Sunday, November 18 — All Times Eastern
Houston at D.C., 3 p.m.

WESTERN CONFERENCE

SEATTLE VS. LOS ANGELES

Sunday's result
Los Angeles 3, Seattle 0
Sunday, November 18
Los Angeles at Seattle, 9 p.m.

AHL

AHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OTL	SOL	GF	GA	Pt
Manchester	11	7	3	0	1	32	21	15
Worcester	13	6	5	1	1	35	42	14
Portland	11	5	4	1	1	41	37	12
St. John's	13	6	7	0	0	27	39	12
Providence	11	4	6	0	1	23	31	9

NORTHEAST DIVISION

	GP	W	L	OTL	SOL	GF	GA	Pt
Springfield	11	8	1	0	2	40	17	18
Bridgeport	11	8	3	0	0	38	34	16
Connecticut	12	5	6	1	0	40	45	11
Adirondack	11	5	6	0	0	26	33	10
Albany	11	3	5	0	3	22	28	9

EAST DIVISION

	GP	W	L	OTL	SOL	GF	GA	Pt
Syracuse	11	7	2	1	1	38	32	16
Norfolk	12	7	5	0	0	39	38	14
Binghamton	11	5	4	1	1	26	30	12
W-B/Scranton	12	6	6	0	0	31	29	12
Hershey	12	5	6	1	0	31	32	11

WESTERN CONFERENCE

NORTH DIVISION

	GP	W	L	OTL	SOL	GF	GA	Pt
Lake Erie	13	9	4	0	0	46	37	18
Abbotsford	11	7	1	1	2	37	20	17
Toronto	12	7	4	0	1	39	36	15
Rochester	12	7	4	1	0	45	39	15
Hamilton	10	4	4	1	1	22	31	10

MIDWEST DIVISION

	GP	W	L	OTL	SOL	GF	GA	Pt
Grand Rapids	13	7	4	1	1	46	41	16
Chicago	12	7	4	1	0	34	37	15
Milwaukee	12	6	6	0	0	34	34	12
Rockford	12	5	6	0	1	35	39	11
Peoria	12	2	7	2	1	22	45	7

SOUTH

	GP	W	L	OTL	SOL	GF	GA	Pt
Charlotte	13	9	3	0	1	50	32	19
Houston	14	6	5	1	2	52	48	15
Oklahoma City	13	6	5	1	1	38	42	14
San Antonio	11	4	6	0	1	27	34	9
Texas	11	4	6	0	1	24	37	9

Tuesday's results
Houston 7 San Antonio 5
Toronto 6 Oklahoma City 5 (OT)
Lake Erie at Abbotsford
Monday's result
Norfolk 5 Albany 4 (SO)
Wednesday's games — All Times Eastern
Adirondack at Manchester, 10 a.m.
Rochester at Hamilton, 10 a.m.
Worcester at Portland, 7 p.m.
Springfield at W-B/Scranton, 7:05 p.m.
Peoria at Rockford, 8:05 p.m.
Lake Erie at Abbotsford, 10 p.m.
Thursday's game
San Antonio at Texas, 8:30 p.m.
Friday, Nov. 16
Albany at St. John's, 1:30 p.m.
Portland at Connecticut, 7 p.m.
Adirondack at Binghamton, 7:05 p.m.
Bridgeport at W-B/Scranton, 7:05 p.m.
Manchester at Providence, 7:05 p.m.
Abbotsford at Rochester, 7:05 p.m.
Springfield at Norfolk, 7:30 p.m.
Hershey at Syracuse, 7:30 p.m.
Toronto at Hamilton, 7:30 p.m.
Grand Rapids at Lake Erie, 7:30 p.m.
Milwaukee at Oklahoma City, 8 p.m.
Houston at Rockford, 8:05 p.m.
Chicago at Peoria, 8:05 p.m.
Charlotte at San Antonio, 8:30 p.m.

TRANSACTIONS

MLB

CHICAGO CUBS — Agreed to terms with RHP Scott Baker on a one-year contract.
LOS ANGELES DODGERS — Named Chuck Crim bullpen coach, Ken Howell assistant pitching coach and John Valentin assistant hitting coach.
PHILADELPHIA PHILLIES — Agreed to terms with INF Kevin Frandsen on a one-year contract.
ST. LOUIS CARDINALS — Agreed to terms with C Rob Johnson on a minor league contract. Released RHP Kyle McClellan unconditionally.

BASKETBALL

USA BASKETBALL — Re-eleted chairman and managing director Jerry Colangelo. Named Kim Bohuny, Mark Tatum, Dan Gavitt, Mark Lewis, Chris Plonsky, Bob Gardner, Billy Hunter, Jim Carr, Chauncey Billups and Katie Smith to the board of directors.

NBA

CHARLOTTE HORNETS — Traded G Matt Carroll to New Orleans for F Hakim Warrick.

NFL

CHICAGO BEARS — Signed QB Josh McCown. Released TE Brody Eldridge.
CLEVELAND BROWNS — Signed DL Ricky Elmore to the practice squad.
DENVER BRONCOS — Released S Duke Ihenacho.
INDIANAPOLIS COLTS — Signed LB Shawn Loiseau and TE Martell Webb to the practice squad.
PITTSBURGH STEELERS — Released DT Alameda Ta'amu. Signed WR David Gilreath from the practice squad.
TAMPA BAY BUCCANEERS — Placed LB Quincy Black on injured reserve. Released WR Dale Moss and TE LaMark Brown from the practice squad. Signed DE Ernest Owusu and WR Diondre Borel to the practice squad.

AHL

AHL — Suspended Bridgeport RW Colin McDonald two games for his actions during Sunday's game.
CHARLOTTE CHECKERS — Assigned F Victor Rask to Calgary (WHL).

ECHL

ECHL — Named Todd Merton director of marketing and licensing.

LACROSSE

BUFFALO BANDITS — Agreed to terms with D Jimmy Purves on a one-year contract.
MINNESOTA SWARM — Re-signed T David Earl and F Pat Smith to one-year contracts. Agreed to terms with F Matt Gibson on a one-year contract.

NFL

AMERICAN CONFERENCE

EAST

	W	L	T	Pct	PF	PA
New England	6	3	0	.667	299	201
Miami	4	5	0	.444	173	186
N.Y. Jets	3	6	0	.333	175	228
Buffalo	3	6	0	.333	211	285

SOUTH

	W	L	T	Pct	PF	PA
Houston	8	1	0	.889	250	143
Indianapolis	6	3	0	.667	186	201
Tennessee	4	6	0	.400	219	311
Jacksonville	1	8	0	.111	127	246

NORTH

	W	L	T	Pct	PF	PA
Baltimore	7	2	0	.778	254	196
Pittsburgh	6	3	0	.667	207	177
Cincinnati	4	5	0	.444	220	231
Cleveland	2	7	0	.222	169	211

WEST

	W	L	T	Pct	PF	PA
Denver	6	3	0	.667	271	189
San Diego	4	5	0	.444	209	191
Oakland	3	6	0	.333	191	284
Kansas City	1	8	0	.111	146	256

NATIONAL CONFERENCE

EAST

	W	L	T	Pct	PF	PA
N.Y. Giants	6	4	0	.600	267	216
Dallas	4	5	0	.444	188	204
Philadelphia	3	6	0	.333	156	221
Washington	3	6	0	.333	226	248

SOUTH

	W	L	T	Pct	PF	PA
Atlanta	8	1	0	.889	247	174
Tampa Bay	5	4	0	.556	260	209
New Orleans	4	5	0	.444	249	256
Carolina	2	7	0	.222	163	216

NORTH

	W	L	T	Pct	PF	PA
Chicago	7	2	0	.778	242	133
Green Bay	6	3	0	.667	239	187
Minnesota	6	4	0	.600	238	221
Detroit	4	5	0	.444	216	222

WEST

	W	L	T	Pct	PF	PA
San Francisco	6	2	1	.778	213	127
Seattle	6	4	0	.600	198	161
St. Louis	3	5	1	.444	161	210
Arizona	4	5	0	.444	144	173

WEEK 10

Monday's result
Pittsburgh 16 Kansas City 13 (OT)
Sunday's results
Cincinnati 31 N.Y. Giants 13
Denver 36 Carolina 14
Tampa Bay 34 San Diego 24
Tennessee 37 Miami 3
Baltimore 55 Oakland 20
New England 37 Buffalo 31
Minnesota 34 Detroit 24
New Orleans 31 Atlanta 27
Seattle 28 N.Y. Jets 7
Dallas 38 Philadelphia 23
San Francisco 24 St. Louis 24
Houston 13 Chicago 6
Thursday's result
Indianapolis 27 Jacksonville 10

WEEK 11

Thursday's game — All Times Eastern
Miami at Buffalo, 8:20 p.m.
Sunday, November 18
Cleveland at Dallas, 1 p.m.
N.Y. Jets at St. Louis, 1 p.m.
Cincinnati at Kansas City, 1 p.m.
Arizona at Atlanta, 1 p.m.
Jacksonville at Houston, 1 p.m.
Philadelphia at Washington, 1 p.m.
Green Bay at Detroit, 1 p.m.
Tampa Bay at Carolina, 1 p.m.
New Orleans at Oakland, 4:05 p.m.
Indianapolis at New England, 4:25 p.m.
San Diego at Denver, 4:25 p.m.
Baltimore at Pittsburgh, 8:20 p.m.
Monday, November 19
Chicago at San Francisco, 8:30 p.m.

CIS FOOTBALL

ONTARIO PLAYOFFS

YATES CUP

Saturday's result
McMaster 30 Guelph 13

ATLANTIC PLAYOFFS

LONEY BOWL

Saturday's result
Acadia 17 Saint Mary's 9

QUEBEC CONFERENCE

DUNSMORE CUP

Saturday's result
Laval 40 Sherbrooke 17

CANADA WEST PLAYOFFS

HARDY CUP

Saturday's result
Calgary 38 Regina 14

NATIONAL SEMIFINALS

UTECK BOWL

Saturday, November 17 — All Times Eastern
Acadia at Laval, 1 p.m.

MITCHELL BOWL

Saturday, November 17
Calgary at McMaster, 4 p.m.

48TH VANIER CUP

Friday, Nov. 23
At Toronto
Uteck vs. Mitchell Bowl winners, 7:30 p.m.

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▲Ratings of "Good" are the highest rating awarded for 40-mph frontal offset, 31-mph side-impact and 20-mph rear-impact crash tests conducted by the Insurance Institute for Highway Safety (IIHS) (www.iihs.org). A "Good" rating obtained in all three crash tests plus a "Good" rating in new roof strength testing and the availability of Electronic Stability Control (ESC) (Vehicle Dynamics Control) achieves a 2012 Top Safety Pick. ♦Based on ALG's 2012 Residual Value Award for Best Mainstream Brand. ◊When you purchase, lease or finance a new 2013/2012 Forester/Outback/Legacy/Impreza, you will receive a $500 holiday bonus which can be applied towards options, accessories, down payment or monthly payments on an eligible 2013/2012 Forester/Outback/Legacy/Impreza at the time of purchase, lease or finance. Offer excludes WRX, WRX STI, BRZ & XV Crosstrek. Credits are inclusive of applicable taxes and will be applied, as applicable, to relevant monthly lease or finance payment or purchase price at dealership. Offer applies to vehicles delivered on or before January 3, 2013. All current stackable consumer cash incentives have been applied to the lease offers; dealer contribution may be required. *MSRP of $25,995/$23,495/$28,495/$19,995 on 2013 Forester 2.5X (DJ1 X0)/Legacy 2.5i (DA1 BP)/Outback 2.5i Convenience Package (DD1 CP)/Impreza 2.0i (DF1 BP). Lease rate of 0.5%/0.9%/0.9%/1.9% for 24/24/24/24 months. Monthly payment is $277/$228/$318/$199 with $2,999/$3,475/$4,199/$2,775 down payment. Option to purchase at end of lease is $17,990/$16,315/$18,491/$14,501. Advertised pricing consists of MSRP plus charges for Freight/PDI ($1,595), Air Tax ($100), Tire Stewardship Levy ($29.20), OMVIC Fee ($5), Dealer Admin ($199). Freight/PDI charge includes a full tank of gas. Taxes, license, registration and insurance are extra. $0 security deposit. Models shown: 2013 Forester 2.5X Limited Package (DJ2 LPN) with an MSRP of $33,395. 2013 Impreza 2.0i Limited Package (DF1 LP) with an MSRP of $26,895. 2013 Legacy 3.6R Limited (DA2 LN6) with an MSRP of $34,695. 2013 Outback 3.6R Limited Package (DD2 LN6) with an MSRP of $38,495. Dealers may sell or lease for less or may have to order or trade. Offers applicable on approved credit at participating dealers only. Lease based on a maximum of 20,000 km per year, with excess charged at $0.10/km. Leasing and financing programs available through Subaru Financial Services by TCCI. Other lease and finance rates and terms available; down payment or equivalent trade-in may be required. Vehicles shown solely for purposes of illustration, and may not be equipped exactly as shown. Offers available until January 3, 2013. See your local Subaru dealer for complete program details.

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AUTO PILOT
Mike Goetz
drive@metronews.ca

“Riding along in my automobile” isn’t really a pastime anymore. Nearly every journey we take serves a purpose. HANDOUT

We’ve got a skinny latte at the ready in the cup holder, a navigation system lighting our way and electric elements in the seats warming our nether regions and lower back, but we don’t seem to be whistling a happy tune behind the wheel.

Most likely we’re mumbling about the traffic or the road construction. Could also be something more generic, like the idiocy of our fellow humans, or the crush of time.

Basically, we’re getting nicer vehicles, but the nature of our trips is going the other way, the wrong way. We take too many of them, and most of them are just about getting somewhere under a tight deadline. It’s a scenario that’s killing some of the joy of driving and pushing “just going for a drive” to extinction.

Now, I don’t want to sound like a folksinger. (How many folksingers does it take to screw in a light bulb? Four. One to screw in the light bulb, three to sing about how much better the old light bulb was.) But not too long ago, I think more people went driving for the sake of it — as an enjoyable way to pass some time.

The term “Sunday afternoon drive” is still in our vernacular, but who goes on those things anymore? Last time I suggested we go on a Sunday afternoon drive the kids looked at me like I was on drugs. One turned back to their digital entertainment device without saying a word.

The other said, “Great idea, Dad,” in a totally ironic way, before turning back to their digital entertainment device.

If you’re already driving tons, I can see why you wouldn’t want to get into the car again, but that isn’t the only thing driving “not driving.” It’s been well documented that younger generations aren’t purchasing cars like previous generations — if you don’t have a vehicle at your disposal, the chances are good you’re not going on any kind of drive, particularly the “just for the hell of it” type.

In an article chronicling how car use is peaking in the rich world, The Economist had this to say about the younger generation’s totally digitalized life and indifference to the automobile: “Never before has not travelling been so much fun.”

Fuel expenses and the desire to be more green are also crimping recreational driving. And what about electric vehicles? Are you gonna blow your whole 12-hour charge on some aimless car ride?

As any culture, car culture has to constantly change and evolve. It’s evolved to a point where people are increasingly less likely to jump in a car and just drive for the sake of it.

There’s good in that for sure, but I’m just saying we’re losing a very cool pastime practiced and enjoyed by many generations before us — a pastime that, when you’re lucky, affords you an awesome headspace you’ll not find any other way.

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Driving Force.
2013 Infiniti JX is first to offer unique 'luxury segment' service

JIL MCINTOSH
drive@metronews.ca

As fancy as some cars are, there's always a limit. Buyers in the premium segment naturally want luxury and technology, but automakers have to balance several factors, including the cost, what technology is available, and if it can be integrated into a vehicle.

Perception is also a major factor in this field. Buyers have to use and like the features, and feel there is value in them.

In recent years, auto companies have put a premium on time and convenience. Today, some of the hottest "must-have" features are ones that make the vehicle an extension of the driver's itinerary, such as those that let an owner integrate a smartphone and the applications he or she already uses.

Infiniti has taken this a step further with its new Infiniti Personal Assistant, or IPA, which is standard on every 2013 Infiniti model. The owner is given a toll-free number that connects to a "personal concierge," who identifies him through his phone number. The operator will answer just about any request, from hotel reservations and directory assistance, to sports scores, stock market updates, weather forecasts, and more.

"We are the first automotive manufacturer in Canada to offer this," says Michael Kopke, chief marketing manager for Infiniti. "You actually get a human being. You're not hitting 'one' for this and 'two' for that.

"It could be as simple as booking a restaurant or ordering flowers, but when we tested it before launching, we had IPA help with sourcing a refrigerator at the best price and the location to find it."

The service is unusual in that it can be accessed anywhere by telephone, rather than only through the vehicle itself (it will work on a phone paired to the car, of course). While the call connects to a U.S. centre, and information can be obtained for just about anything worldwide, calls from Canada are answered in English or French, and information is Canadian-specific when required.

Depending on the request, answers can be given right away, or sent as a text message or email. Links are included so information can be downloaded into smartphones, such as a Google map or a company's website.

"It's part of being participatory in the luxury segment," Kopke says. "People are busy. If they're not busy with their profession, they're busy with their family lives. We're catering to our customers, whether they're stuck in traffic or taking kids to soccer practice."

Details

- **Older models.** IPA plans can be purchased by drivers who already own a 2012 or older Infiniti vehicle. Several companies offer connection services, such as GM's OnStar, but Infiniti says it is the first to offer a concierge service.

The Infiniti JX comes complete with a concierge who is just a call or email away. HANDOUT

CLASS ACTION AGAINST VOLKSWAGEN

NOTICE OF APPROVAL OF THE SETTLEMENT AGREEMENT

IF YOU PURCHASED OR LEASED A 2006 VOLKSWAGEN JETTA YOU COULD BE COMPENSATED BY THE AGREEMENT

MODEL COVERED
2006 Volkswagen Jetta vehicles with serial numbers between 1K_5M000001 and 1K_6M759703.

THE PROBLEM
The approved agreement pertains to problems resulting from the premature wear and severing of left front driver door wiring harness which causes intermittent or permanent problems related to the use of accessories and / or use of power from the electrical system of the vehicles covered (the "Problem Covered").

THE COMPENSATION
Persons who repaired, replaced or purchased the wiring harness for the left front driver door may obtain **a reimbursement of $320.00** less, in some cases, a credit granted or previously reimbursed by Volkswagen or one of its authorized dealers relating to the Problem Covered and, in all cases, court approved deductions for legal fees and statutory withholdings.

THE EXTENDED WARRANTY
Moreover, the **warranty** on this part is **extended to 8.5 years (102 months) or 165,000 km** from the in-service date, whichever comes first. An amount of $60.00 plus applicable taxes must be paid by the members to take advantage of the repairs under the extended warranty.

If you repaired, replaced or purchased the wiring harness for the left front driver door and want to claim a reimbursement, you must, **by March 29, 2013 at the latest, submit a Claim Form**, which is available online or from the Claims Administrator:

BRUNEAU GROUP INC.
Volkswagen 2006 Jetta Claims
P.O. Box 20187 - 390 Rideau Street
Ottawa, ON K1N 9P4

Tel: 1-866-288-3683
Fax: 1-613-562-0321
Email: info@vwclaim.ca
Website: www.wwclaim.ca

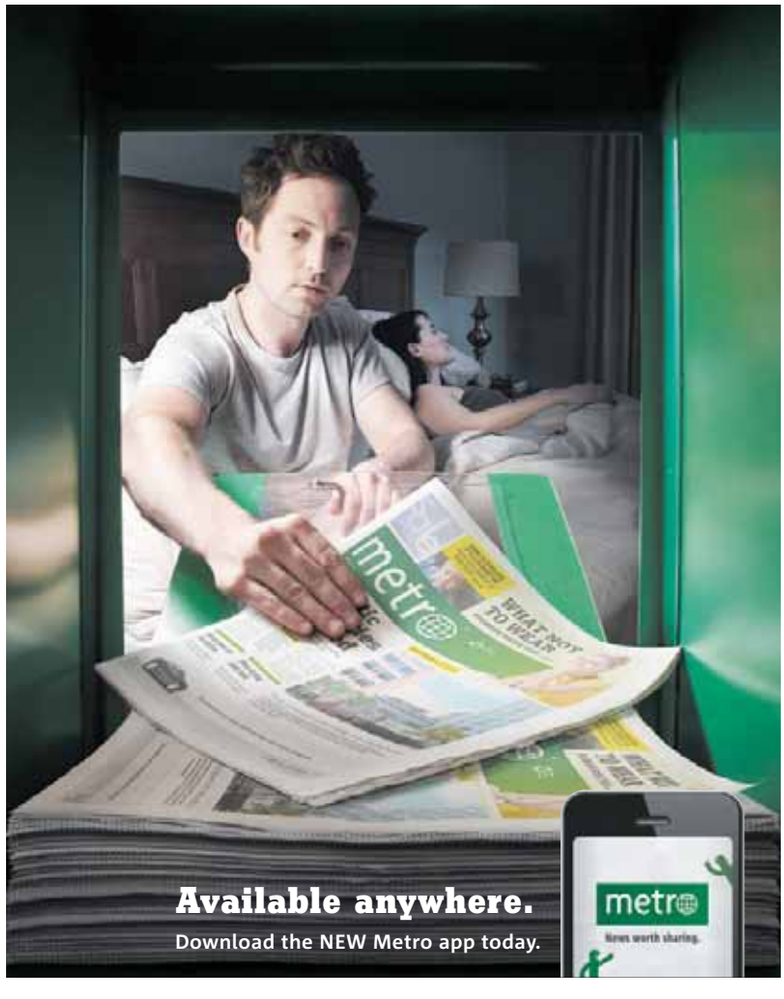
You can also obtain the Claim Form and information relating to this Agreement at:
www.sfpavocats.ca/volkswagen

YOU DO NOT WISH TO BENEFIT FROM THE AGREEMENT?
You may exclude yourself ("opt-out") by providing, **by January 13, 2013 at the latest**, the Opt-Out Form available online or from the Claims Administrator at the address above.

THE ATTORNEYS FOR THE CLASS ACTION:
SYLVESTRE FAFARD PAINCHAUD
740, Atwater
Montreal (Quebec) H4C 2G9
Tel: (514) 937-2881 #230
Fax: (514) 937-6529
Email: lo.fontaine@sfpavocats.ca
Website: www.sfpavocats.ca/volkswagen

DO YOU WISH TO CLAIM COMPENSATION?

Visit **www.vwclaim.ca** for information about this settlement and how to claim.



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†0% APR Purchase Financing is available on all new 2012 Mazda vehicles and cannot be combined with Mazda Discount Cash offers. Terms vary by model. ΩCash Discount Offers available on select 2012 Mazda models and cannot be combined with finance offers. Cash discounts vary by model/trim level. Cash Discount Offers as follows: maximum $2,500 on 2012 Mazda2 GS models, maximum $3,000 on 2012 Mazda3 GT models, maximum $4,000/$3,500/$3,000 on 2012 Mazda5 GS models (E6SD62AA00/E6SD62AB00/E6SD82) and $3,000 on 2012 Mazda5 GT models, maximum $7,000 on all 2012 Mazda6 models, $5,000 on all 2012 CX-9 models. See dealer for complete details. *No Payments for 90 Days (payment deferral) offer is available on all new in-stock 2012 and 2013 Mazda models and only applies to purchase finance offers on approved credit. No interest will accrue during the first 60 days of the finance contract. After this period interest will begin to accrue and the purchaser will repay the principal and interest monthly over the term of the contract. Offer period November 1st - 14th, 2012. ♦Mazda Owner Loyalty Cash Offer is available to returning Mazda owners and applies to all new 2012 and 2013 Mazda6 models and may be combined with all other current retail offers. No cash surrender value. See dealer for complete details. ▲Offered Pricing for new 2013 CX-5 GX (NVXK63AA00) is $24,995. As shown, Offered Pricing for 2013 CX-5 GT AWD (NXTK83AA00) is $34,850. All offers include freight/P.D.E. and fees. Offers exclude HST. ‡5.7 L/100km (50 MPG) Highway/7.8 L/100 km (36 MPG) City - Based on ENERGUIDE Fuel Consumption Rating for the 2013 CX-5 with 6-speed manual transmission. These estimates are based on Government of Canada approved criteria and testing methods. Actual fuel consumption may vary. MPG is listed in Imperial gallons. PPSA, licence, insurance, taxes and down payment are extra and may be required at the time of purchase. Dealer may sell/lease for less. Dealer order/trade may be necessary on certain vehicles. Offers valid November 1st - 14th, 2012 while supplies last. Offers subject to change without notice. Visit mazda.ca or see your dealer for complete details.

Hum through any rough ride

Second Gear.
2006-2010 Hummer H3

Few machines in recent history combine real-world 4x4 capability and stand-out styling like models from GM's now killed-off Hummer line. The original, military-grade Hummer H1 pops into the minds of the masses when the brand is brought up — though GM successfully marketed a smaller civilian model called the H3, and it came with features including power seats, premium Monsoon audio, a driver computer and more.

PHOTO: WHEELBASE MEDIA

Common Issues

Earlier five-cylinder powered models suffered from a cylinder head problem, which could cause potentially severe engine problems. Symptoms may include a rough idle, poor power delivery, or a loud ticking sound. This problem was most likely to present itself while the H3 was still under warranty — though approval from a GM mechanic should be sought, just to be safe. Note that V8-powered H3s aren't affected by this issue. Have a mechanic check the underside for any signs of excessive rust, leaks, or damage caused by careless off-roading. Ensure the H3's 4x4 system can switch between its various modes as described in the owner's manual. If that's not the case, be sure to find out why before agreeing to fork over any cash.

Engine

Standard five-cylinder models packed 220 or 242 horsepower depending on the year, while an available 5.3 litre smallblock V8 turned out 300 ponies.

What owners like

Capability, styling and toughness are some of the most-loved attributes of the H3. A smooth and comfortable ride, small turning circle and easy maneuverability can be expected, too.

What owners dislike

Gripes centre around a cramped rear seat, a small cargo hold and limited at-hand storage up front. Many owners also wish their H3s had more intuitive control placement, too.

Verdict

The H3 should prove a worthy ride for a shopper concerned mainly with style and capability. Those after fuel efficiency, modesty and sensibility are best advised to look elsewhere.

AS EXHILARATING AS IT IS AFFORDABLE.
Every Certified Pre-Owned Mazda we sell comes with warranties and guarantees to ensure that you drive away fully satisfied in a quality vehicle that you can depend on.
CERTIFIED PRE-OWNED
160-Point Detailed Inspection
7-Year/140,000-Kilometre Limited Powertrain Warranty†
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Zero Deductible
Available Extended Coverage
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†Coverage begins from the original new retail sale date and covers 7-years/140,000-kilometres, whichever comes first. ‡0.9% APR only for well qualified buyers; not all buyers will qualify. Amount of down payment and other factors may affect qualification. 0.9% APR available on all models and all qualifying model years (the 5 model years immediately preceding the date of this advertisement, or newer) for up to 24-month terms. Based on a representative example of $15,000 financed at 0.9% over 24 months equals monthly payments of $630.88 with $0 down payment, cost of borrowing is $141.03 with a total obligation of $15,141.03. Licence, insurance, taxes, down payment, and, where applicable, PPSA and other dealer charges are extra and may be required at time of purchase. Finance on approved credit for qualified customers only. Offer subject to change without notice. Visit your participating dealer for complete details.

SWAP YOUR RIDE EVENT

THIS FALL, FALL IN LOVE WITH A FORD.

HURRY, IT ENDS NOVEMBER 30TH

"I drive a Honda Civic, but I love the Focus."

SWAP YOUR RIDE NOW AND GET UP TO

0% APR PURCHASE FINANCING FOR UP TO 72 MONTHS**

ON MOST NEW 2013 FOCUS MODELS

OR GREAT LEASE OFFERS

2013 FOCUS SE SEDAN

LEASE FOR ONLY **$198*@0% APR**

Per month for 48 months with $1,999 down payment. Offer includes $750*** Winter Safety Package Cash Alternative and excludes taxes.

OR GET **0% APR PURCHASE FINANCING FOR UP TO 72 MONTHS****

On most new 2013 Focus Models.

5.5L/100km 51MPG HWY**
7.8L/100km 36MPG CITY**

TOP SAFETY PICK 2012 INSURANCE INSTITUTE FOR HIGHWAY SAFETY

2013 FIESTA SE HATCHBACK

LEASE FOR ONLY **$168*@0% APR**

Per month for 48 months with $1,999 down payment. Offer includes $750*** Winter Safety Package Cash Alternative and excludes taxes.

OR GET **0% APR PURCHASE FINANCING FOR UP TO 72 MONTHS**** On most new 2013 Fiesta Models.

5.1L/100km 55MPG HWY**
6.9L/100km 41MPG CITY**

2013 ESCAPE SE FWD 1.6L ECOBOOST®

LEASE FOR ONLY **$298*@1.99% APR**

Per month for 36 months with $3,968 down payment. Offer includes $750*** Winter Safety Package Cash Alternative and excludes taxes.

OR GET **0% APR PURCHASE FINANCING FOR UP TO 48 MONTHS**** On most new 2013 Escape Models.

BEST NEW SUV/CUV (UNDER $35,000)

6.0L/100km 47MPG HWY**
9.1L/100km 31MPG CITY**

PLUS **$1,000**** LOYALTY & CONQUEST CUSTOMER CASH For Qualifying Customers

On new SUV/CUV models

PLUS GET A WINTER SAFETY❄PACKAGE***

On select new 2012 and 2013 models
(If $750 Winter Safety Package Cash Alternative not applied)

UP TO $1,800 (MSRP) VALUE

- Winter Tires
- Winter Wheels
- Tire Pressure Monitoring Sensors

Our advertised prices include Freight, Air Tax, PPSA and the Stewardship Ontario Environmental Fee.
Add dealer administration and registration fees of up to $799, fuel fill charge of up to $120 and applicable taxes, then drive away.

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Available in most new Ford vehicles with 6-month pre-paid subscription

Vehicle(s) may be shown with optional equipment. Dealer may sell or lease for less. Limited time offers. Offers may be cancelled at any time without notice. See your Ford Dealer for complete details or call the Ford Customer Relationship Centre at 1-800-565-3673.© 2012 Sirius Canada Inc. "SiriusXM", the SiriusXM logo, channel names and logos are trademarks of SiriusXM Radio Inc. and are used under licence. †Offer only valid from November 1, 2012 to November 30, 2012 (the "Program Period") to Canadian resident customers who own or are currently leasing (during the Program Period) certain Ford Pickup Truck, Sport Utility Vehicle (SUV), Cross-Over Utility Vehicle (CUV) or Minivan models (each a "Qualifying Conquest Model") and purchase, lease, or factory order (during the Program Period) a new 2012/2013 Ford truck (excluding Raptor), SUV or CUV (each an "Eligible Vehicle"). Six eligible models of new 2012/2013 Ford Escape, Edge, Explorer and Flex are excluded from the definition of Eligible Vehicle. See dealer for details. Limit one (1) Loyalty & Conquest Customer Cash per Eligible Vehicle sale, up to a maximum of three (3) customer cash offers per household. Loyalty & Conquest Customer Cash is not transferable and has no cash value. Customer must take delivery from dealer stock by November 30, 2012. Customer must provide proof of ownership of a Qualifying Model and proof of insurance and/or registration in his/her name and at the same address as the Buyer's name and address for the Eligible Vehicle. Offer is limited to one per Eligible Vehicle sale. Offer may be changed or withdrawn at any time without notice. This offer can be used in conjunction with most retail consumer offers made available by Ford of Canada at the time of factory-order or delivery (but not both). This offer is not combinable with CPA, GPC, Daily Rental Allowances. Taxes payable before incentive is deducted. Dealer may sell or lease for less. See dealer for details. **Receive a winter safety package which includes: four (4) winter tires, four (4) steel rims (2012 Escape receives alloy wheels), and four (4) tire pressure monitoring sensors when you purchase or lease any new 2012/2013 Ford Fiesta, Focus (excluding BEV & ST), Fusion (excluding HEV), Escape, Edge (excluding Sport) or Explorer on or before Nov. 30/12. Customers choosing to opt out of the winter safety package will qualify for $750 in customer cash. This offer is not applicable to any Fleet (other than small fleets with an eligible FBU) or Government customers and not combinable with CPA, GPC, CFP or Daily Rental Allowances. Some conditions apply. See dealer for details. Vehicle handling characteristics, tire load index and speed rating may not be the same as factory supplied all-season tires. Winter tires are meant to be operated during winter conditions and may require a higher cold inflation pressure than all-season tires. Consult your Ford or Canada dealer for details including applicable warranty coverage. *Lease a new [2013] Ford Focus SE Sedan Manual /Fiesta SE Hatchback Manual/ Escape SE FWD 1.6L Ecoboost] and get [0% (0%*1.99%) APR for (48/48/36) months on approved credit (OAC) from Ford Credit. Not all buyers will qualify for the lowest APR payment. Example: $[17,210/$14,472/$28,253.86] [Cash Purchase Price] with $[1,999/$1,999/$3,968] down payment or equivalent trade-in, monthly payment is $[198/$168/$298] total lease obligation is $[11,530/$10,080/$14,496] optional buyout is $[7,444/$5,763/$14,250] cost of borrowing is $[0/$0/$1,133] or [0%/0%*1.99%] APR. Offers include $[750] in air tax, PPSA, Stewardship Ontario Environmental Fee but exclude administration and registration fees of up to $[799], fuel fill charge of up to $[120] and all applicable taxes. Taxes payable on full amount of lease financing price after any price adjustment is deducted. **Until November 30, 2012, receive 0% APR purchase financing on new 2013 Focus (excluding S, ST and BEV) Fiesta (excluding S) Taurus (excluding SE)[Edge (excluding SE)] Escape (excluding S)Expedition] models for a maximum of [72/[60]/[48] months to qualified retail customers, on approved credit (OAC) from Ford Credit. Not all buyers will qualify for the lowest interest rate. Example: $[25,000] purchase financed at 0% APR for [72/[60]/[48] months, monthly payment is $[20,83/$416.66/$347.22]. cost of borrowing is $[0 or APR of 0%, and total to be repaid is $[25,000]. Down payment on purchase financing offers may be required based on approved credit from Ford Credit. Taxes payable on full amount of purchase price. ***Estimated fuel consumption ratings for the 2013 [Focus 2.0L: I4 5 speed manual/Fiesta 1.6L: I4 5 speed manual/Escape FWD 1.6L GTDI I4 6 speed Auto]: 9.2L/100 km city and 6.6L/100 km hwy. Fuel consumption ratings based on Transport Canada-approved test methods. Actual fuel consumption will vary based on road conditions, vehicle loading and driving habits. ©2012 Ford Motor Company of Canada, Limited. All rights reserved.

HONDA
BRING YOURS HOME BEFORE IT'S GONE!
$1000
BONUS HONDA DOLLARS^
ON 2012 CIVIC & CR-V MODELS^^
^^EXCEPT CIVIC HYBRID: $500 HONDA DOLLARS
Bring home a HONDA
MODEL FB2E2CEX
LX MODEL SHOWN WITH OPTIONAL EQUIPMENT - MODEL RM3H3CE
BRING HOME VALUE
PURCHASE A 2012 CIVIC DX FROM $97@1.99% APR
BI-WEEKLY FINANCE FOR 84 MONTHS†. $0 DOWN PAYMENT/OAC. $14,520 SELLING PRICE INCLUDES FREIGHT, PDI, LEVIES AND OMVIC FEE. EXCLUDES LICENSE AND HST.
CANADA'S FAVOURITE CAR 14 YEARS IN A ROW**
BRING HOME SAFETY
LEASE A 2012 CR-V LX FROM $288@0.99% APR
PER MONTH FOR 36 MONTHSΩ WITH $4,678 DOWN PAYMENT/OAC AND $0 SECURITY DEPOSIT.
2012 IIHS TOP SAFETY PICK WITH THE VERSATILITY OF CLASS-LEADING REAR CARGO SPACE®
®WITH 2ND-ROW SEATS UP◊
OR GET UP TO $5000♦
IN CUSTOMER CASH INCENTIVES ON OTHER SELECT 2012 MODELS
PLUS $500 HONDA DOLLARS‡
DEALS TOO GOOD TO MISS!
THE ALL-NEW 2013 ACCORD IS HERE
STANDARD FEATURES INCLUDE:
185-hp, 2.4-litre engine with Earth Dreams technology • Enhanced Power & Fuel Efficiency • 17" Aluminum-alloy wheels • Heated front seats • Bluetooth® Wireless phone interface • E-mail and SMS texting features◊ • Rearview Camera‡
MODEL CR2E3DE
LEASE THE ALL-NEW 2013 ACCORD LX FROM $258@2.99% APR
PER MONTH FOR 36 MONTHSΩ WITH $3,929 DOWN PAYMENT/OAC AND $0 SECURITY DEPOSIT.
HondaOntario.com
Ontario Honda Dealers
HONDA
SCAN HERE FOR MORE INFORMATION
^$1,000 Honda Dollars offer applies only to retail customer purchase or lease agreements for new 2012 Honda Civic Coupe and Sedan models (except Civic Hybrid models) // 2012 Honda CR-V models concluded between November 1 and November 30, 2012 at participating Ontario Honda Dealers. $1,000 Honda Dollars must be applied towards the purchase or lease of an eligible vehicle. Honda accessories, extended warranty and are deducted after taxes. †Receive 1.99% purchase financing on any new 2012 Honda Civic DX Sedan (Model FB2E2CEX) for a maximum of 84 months available through Honda Financial Services Inc., on approved credit. Bi-weekly Finance example: based on a 2012 Honda Civic DX Sedan (Model FB2E2CEX) equals 182 bi-weekly payments of $97 over an 84 month term at 1.99% APR, complete selling price of $16,520 [includes $1,495 freight and PDI, EHF tires ($29), EHF filters ($1), A/C tax ($100 except Honda Civic DX), and OMVIC fee ($5). Excludes taxes, license, insurance, and registration]. Cost of borrowing is $1,190.42 for a total finance obligation of $17,710.42. Down payment or equivalent trade-in on purchase financing offers may be required based on approved credit from Honda Financial Services Inc. ΩLimited time lease offers on a new 2012 Honda CR-V LX 2WD (Model RM3H3CE) // 2013 Honda Accord LX (Model CR2E3DE) available through Honda Financial Services Inc., on approved credit. Representative lease example: based on a 2012 Honda CR-V LX 2WD (Model RM3H3CE) // 2013 Honda Accord LX (Model CR2E3DE) on a 36 // 36 month term at 0.99% // 2.99% lease APR, the monthly payment is $288.00 // $257.99 [includes $1,640 freight and PDI, EHF tires ($29), EHF filters ($1), A/C tax ($100), and OMVIC fee ($5)] with $4,678 // $3,929 down payment or equivalent trade-in, $0 security deposit and first monthly payment due at lease inception. Total lease obligation is $15,046.00 // $13,216.64. 72,000 // 72,000-kilometre allowance; charge of $0.12/km for excess kilometres. During the initial model launch period, dealer inventories of 2013 Accord models may be low. Dealer order may be required and delivery delays up to two months may be expected. ♦$5,000 customer cash incentive is valid on any new 2012 Honda Pilot // 2012 Honda Ridgeline // 2012 Honda Crosstour models when registered and delivered between November 1 and November 30, 2012. Cash incentive is available for all Honda retail customers except customers who lease or finance through Honda Financial Services Inc. at a subvented rate of interest offered by Honda as part of a low rate interest program. All advertised lease and finance rates are special rates. Cash incentive will be deducted from the negotiated price before taxes. ‡$500 Honda Dollars offer applies only to retail customer purchase or lease agreements for all new 2012 Honda models (except 2012 Honda Civic Coupe and Sedan // 2012 Honda CR-V) concluded between November 1 and November 30, 2012 at participating Ontario Honda Dealers. $500 Honda Dollars are deducted after taxes. For all offers: license, insurance, PPSA, and other taxes (including HST) are extra. Taxes payable on full amount of purchase price. Offers only valid for Ontario residents at Ontario Honda Dealers. Dealer may sell/lease for less. Dealer order/trade may be necessary. Vehicles and accessories are for illustration purposes only. Offers subject to change without notice. See your Ontario Honda Dealer or visit HondaOntario.com for full details. ◊Cargo space calculated on volume behind second-row seats with rear-seats up for two-row vehicles in segment and third-row seats with rear seats up for three-row vehicles in segment. Compact Segment classification based on Association of International Automobile Manufacturers of Canada (AIAMC). All measurements sourced from data published by each manufacturer. ΣDoes not replace the driver's responsibility to exercise due care while driving. ΔText message and e-mail functions are only compatible with certain devices. ••Based on Association of International Automobile Manufacturers of Canada (AIAMC) data reflecting sales between 1997 and December 2011.

OMG! It's the latest motoring acronyms

Auto Know.
Learn the latest capped-up vehicle jargon with this handy breakdown

TODD D. BURLAGE
Wheelbase Media

BLIS, CARB, AIRSCARF and CAFE. They could be from a teenager's text message, but these are actually just four of the hundreds of acronyms coming to a new-car showroom near you.

Yes, when it comes to confusing abbreviations to describe new and confusing technology, there aren't many industries that can match the automotive world.

All tolled, more than 500 anagrams cover nearly every part, system, procedure and agency in the automotive universe. And as the 2013 battle for new-car supremacy revs up, it's the acronym FI (fuel injection) that buyers and manufacturers are paying the closest attention to. Fuel consumption and technology continue to be the top priority for new-car builders, who end up bringing buyers along for the ride — sometimes kicking and screaming.

And whether it's the TC (turbocharger) or GDI (gasoline direct injection), these efficient power enhancements are upping the ante. "Some form of these operations have been around for decades," said Chris Woodyard, automotive news analyst for USA Today.

"But the engineers and manufacturers are finding ways to make them better and more efficient with every model year."

So how do these systems work and why are they a cornerstone of the new-car sales market? Simply put, a turbocharger(s) is an air compressor that's driven by exhaust-gas pressure. The point is this: The more air, the more fuel that can be carried and the more power the engine makes when the air-fuel is ignited. A non-turbocharged engine relies on atmospheric pressure alone for its air intake and is therefore limited by that.

A turbocharger is a power adder. So, a very small engine, such as the 1.4-litre four-cylinder in the new Dodge Dart, gives good fuel economy while a turbocharger adds passing power when needed.

Direct injection is the newest method in which fuel travels to the combustion chamber. In a traditional gas engine, injectors spray fuel through the intake manifold where it's mixed with air while entering the cylinder. The modern direct system squirts fuel directly into the combustion chamber. The advantage is that the fuel can be very specifically tailored to driving conditions. For example, while coasting down the highway where little power is required, the fuel can virtually be shut off. The computer programming is complicated to make the transitions smooth between coast and power, for example, and the combustion chambers and piston tops have a specific shape for direct injection, but just about any new engine built these days uses the technology.

The TT (tech talk) can be boring, but it is RR (required reading) because these systems are helping to steer the direction of the NCM (new car market). Of course, we just made up these automotive acronyms.

"And with federal mileage standards coming for 2016, these systems will continue to become even more prevalent in the marketplace," Woodyard said.

"These developments are here to stay." In an effort to cut dependency on oil, the U.S. government approved legislation in August that requires automakers to reach minimum fuel-economy standards of 35.5 mpg by model year 2016, and 54.5 mpg by model year 2025 for cars and light-duty trucks.

Some automotive purists fear the mandates will spell doom for performance, while lawmakers insist engineers will find a way to blend horsepower with fuel efficiency, and these are necessary guidelines in an energy market bent on becoming leaner and greener.

The U.S. Department of Transportation (DOT) and the U.S. Environmental Protection Agency (EPA) directed the mandates, and the guidelines fall under the watchdog umbrella of the U.S. National Highway Transportation Safety Administration (NHTSA). Yipes, more acronyms. Perhaps only government uses more ALL CAPS terms than the automobile industry.

When it comes to industry jargon and slang, it's usually tossed around with little or no explanation, nor any definition or context. It's ironic that such terms are parroted by auto writers whose jobs are to break through such jargon.

Hey, at least we've provided a glossary below for a few terms — some that are not acronyms — that we're either regularly quizzed about, or feel the need to explain.

Important acronyms

AIRSCARF: Mercedes-Benz clever term for an in-car neck heater

BLIS: Blind Spot Information System, alerts you to traffic moving around you.

CAFE: Corporate Average Fuel Economy

CVT: Continuously Variable Transmission

DSG: Direct Shift Gearbox.

EPAS: Electric Power Assisted Steering

IRS: Not what you think, Independent Rear Suspension

LED: Light Emitting Diode

Corvette 2014 engine. ALL IMAGES WHEELBASE

Part of engine with 2,200 p.s.i (pounds per square inch)

Horoscopes

Aries
March 21 - April 20
From today on, a relationship issue won't seem so important. Most likely, you have reached the point where someone's negative behaviour no longer annoys you the way it once did. You have more important things to worry about.

Taurus
April 21 - May 21
Mercury's move back into your opposite sign means you won't be able to go your own way or do your own thing for a while. Whatever restrictions are placed on you, just accept them. They're only temporary.

Gemini
May 22 - June 21
Recent events have taken a lot out of you, both physically and mentally, so you really do need to slow down for a while. Put your wellbeing first today, and for the rest of the week. Work can wait.

Cancer
June 22 - July 23
It's time to get serious about your creative endeavours. Most importantly, you need to have a clear picture in your mind of what it is you are aiming to accomplish. And yes, that's "aiming", not just "hoping".

Leo
July 24 - Aug. 23
Your domestic situation is in a period of flux and what happens today will make it obvious that if you don't make changes, other people will. You don't have to act immediately, but you do have to get serious about it.

Virgo
Aug. 24 - Sept. 23
The planets will find ways to tell you that you are taking too much for granted and need to look again at the way you think about, and interact with, the world outside your door. Open your mind to new possibilities.

Libra
Sept. 24 - Oct. 23
You will get another chance to resolve a financial issue that has been casting a shadow over your life in recent weeks. And, this time, you must take it. You already know what needs to be done, so do it.

Scorpio
Oct. 24 - Nov. 22
Mind planet Mercury, which is in one of its retrograde phases, moves back into your sign today. So, most likely, you will have to reconsider an issue you thought had been resolved. Looks like other people don't agree with you.

Sagittarius
Nov. 23 - Dec. 21
How can you change your life for the better? What things can you improve on today so your tomorrows will be more enjoyable? Give it some thought and then get busy. Any day can be a new beginning.

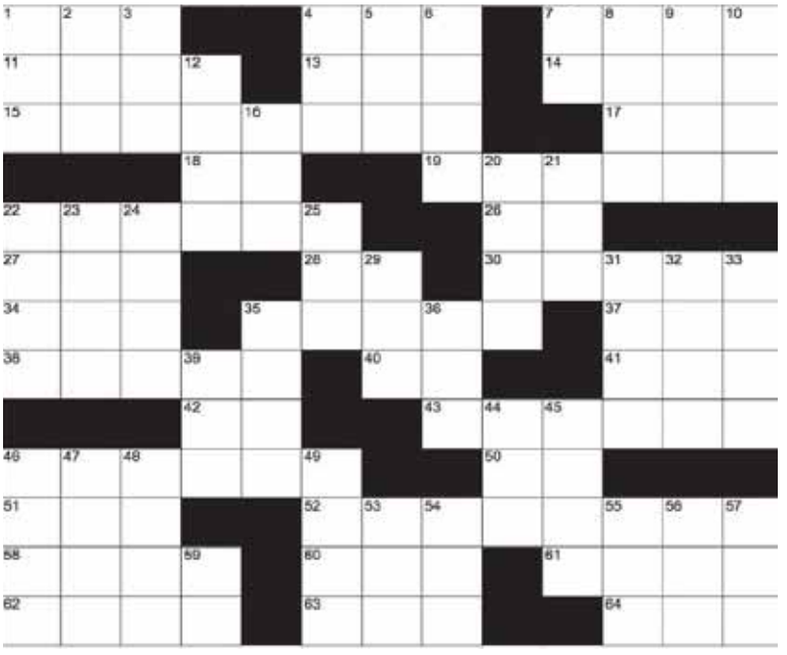
Capricorn
Dec. 22 - Jan. 20
The planets are again trying to tell you that you will only make progress if you find ways to bring others into your plans. Are you the sort of person who knows how to share? If not, maybe it's time to learn.

Aquarius
Jan. 21 - Feb. 19
This is a good time for matters related to your career but you will need to be on your guard. Don't let a rival steal the glory that should have been yours. Use your elbows and barge your way to the front.

Pisces
Feb. 20 - March 20
You may want to be on the move but that may not be possible today. Most likely, you will have to stay where you are and take care of a situation that no one else is qualified to handle. SALLY BROMPTON

Canadian Crossword

BY BETTY MARTIN



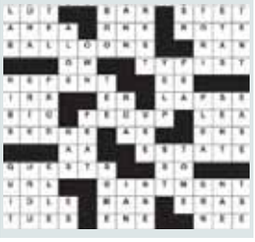
Across

1. Corner —
4. Note paper
7. Trendy New York area
11. Operatic solo
13. "Hold on Tight" gr.
14. Dog and cat menace
15. University or college hearings
17. Carol Burnett tugged on this
18. Dr. Camille Saroyan on Bones (init.)
19. Mistakes
22. Fired (sl.)
26. Ready – Not
27. Mineral
28. Used in the summertime (abbr.)
30. Broadcasted
34. Plural suffix
35. Fireplace coal
37. Actress Gardner
38. Filthy weather
40. St. bordering New York
41. Actor Beatty
42. For example (abbr.)
43. Heads the meeting
46. Stress
50. Little House – the Prairie
51. Quick – – bunny (2 words)
52. Image
58. Allows
60. Boxing great
61. New York canal
62. Star of I Dream of Jeannie
63. Mad —
64. Part of i.e.

Down

1. Guys partner
2. — we there yet?
3. Command for Fido
4. Apiece (abbr.)
5. Lager
6. Rx directive
7. California city (abbr.)
8. Butter substitute
9. Listen
10. Rowboat needs
12. Letter starter
16. Southern Indian tribe
20. Lion's yell
21. Country abbr.
22. Video game slot
23. Math calculation
24. Robert Stack in The Untouchables
25. Water barrier
29. Canadian Broadcasting Corporation (abbr.)
31. Hindi queen
32. For always
33. My Two —
35. Ogles
36. And so on.... (abbr.)
39. Even score
44. Gardening implement
45. Green Gables girl
46. Mrs. Roy Rogers
47. Utilized
48. Merit
49. Shut the door forcefully
53. Island (Fr.)
54. Relative
55. Before (poet.)
56. Family member (abbr.)
57. Lay down
59. "Jurassic Park" actor (init.)

Yesterday's Crossword



What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

			3	4	6			
	2			5			6	
	6	7				4	1	
		5				9		
8		9		6		7		1
		6				2		
	4	8				3	2	
	9			1			8	
			7	3	8			

Yesterday's Sudoku

7	9	2	6	4	5	3	1	8
6	1	4	3	8	2	9	7	5
5	8	3	7	1	9	6	2	4
1	6	5	2	7	8	4	9	3
3	7	8	4	9	1	2	5	6
4	2	9	5	6	3	7	8	1
8	4	7	1	2	6	5	3	9
2	3	1	9	5	4	8	6	7
9	5	6	8	3	7	1	4	2

Today
4°/-5°
Mainly sunny
Thursday
3°/-2°
Partly cloudy
Know what the weather will be 14 days from now.
Check the 14 day trend.
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Florida Air + 20 Nights
$1469
Sirata Beach Resort
INCLUDES roundtrip Tampa airfare and accom on the beach.
Departs Feb 6/ggv/ua.
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EMPLOYEE FRIENDS & FAMILY PRICING

0% FINANCING + UP TO **$8,500** IN PRICE ADJUSTMENTS‡ ON SELECTED MODELS

HWY: **5.2**L/100 KM
CITY: **7.1**L/100 KM

Limited model shown

2013 ELANTRA

GET UP TO

$1,750 IN PRICE ADJUSTMENTS‡ WITH **0%** FINANCING FOR 24 MONTHS

FRIENDS & FAMILY SELLING PRICE $15,730♦

ELANTRA L 6-SPEED MANUAL.
DELIVERY, DESTINATION & FEES INCLUDED. PLUS HST.

2012 CANADIAN & NORTH AMERICAN CAR OF THE YEAR

HWY: **5.3**L/100 KM
CITY: **7.8**L/100 KM

SE with Tech. shown

2013 ELANTRA GT

GET UP TO

$1,675 IN PRICE ADJUSTMENTS‡ WITH **0%** FINANCING FOR 24 MONTHS

FRIENDS & FAMILY SELLING PRICE $19,105♦

ELANTRA GT GL 6-SPEED MANUAL.
DELIVERY, DESTINATION & FEES INCLUDED. PLUS HST.

2013 AJAC BEST NEW SMALL CAR (OVER $21K)

HWY: **5.6**L/100 KM
CITY: **8.7**L/100 KM

Limited model shown

2013 SONATA

GET UP TO

$3,250 IN PRICE ADJUSTMENTS‡ WITH **0%** FINANCING FOR 24 MONTHS

FRIENDS & FAMILY SELLING PRICE $22,450♦

SONATA GL AUTO.
DELIVERY, DESTINATION & FEES INCLUDED. PLUS HST.

★★★★★
AWARDED THE HIGHEST GOVERNMENT CRASH SAFETY RATING*
U.S. NATIONAL HIGHWAY TRAFFIC SAFETY ADMINISTRATION

HWY: **6.7**L/100 KM
CITY: **10.1**L/100 KM

Limited model shown

2013 SANTA FE

GET UP TO

$1,150 IN PRICE ADJUSTMENTS‡ WITH **0%** FINANCING FOR 24 MONTHS

FRIENDS & FAMILY SELLING PRICE $27,245♦

SANTA FE 2.4L FWD AUTO.
DELIVERY, DESTINATION & FEES INCLUDED. PLUS HST.

2013 AJAC BEST NEW SUV (OVER $35K)

5 YEAR WARRANTY
100,000 KM COMPREHENSIVE LIMITED WARRANTY††

5-year/100,000 km Comprehensive Limited Warranty
5-year/100,000 km Powertrain Warranty
5-year/100,000 km Emission Warranty

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™The Hyundai names, logos, product names, feature names, images and slogans are trademarks owned by Hyundai Auto Canada Corp. †Finance offers available O.A.C. from Hyundai Financial Services based on a new 2013 Elantra L 6-Speed Manual/Elantra GT GL 6-Speed Manual/Sonata GL Auto/Santa Fe 2.4L FWD Auto with an annual finance rate of 0%/0%/0%/0% for 24/24/24/24 months. Bi-weekly payment is $302/$368/$432/$524. No down payment required. Cost of Borrowing is $0/$0/$0/$0. Finance offers include Delivery and Destination of $1,495/$1,495/$1,565/$1,760 fees, levies, and all applicable charges (excluding HST). Finance Offers exclude registration, insurance, PPSA and license fees. Delivery and destination charge includes freight, P.D.E., dealer admin fees and a full tank of gas. Financing example: 2013 Sonata GL Auto for $22,450 at 0% per annum equals $432 bi-weekly for 24 months for a total obligation of $22,450. Cash price is $22,450. Cost of Borrowing is $0. Example price includes Delivery and Destination of $1,565, fees, levies, and all applicable charges (excluding HST). Example price excludes registration, insurance, PPSA and license fees. ▼Fuel consumption for 2013 Elantra Sedan L 6-Speed Manual (HWY 5.2L/100KM; City 7.1L/100KM)/2013 Elantra GT GL 6-Speed Manual (HWY 5.3L/100KM; City 7.8L/100KM)/2013 Sonata GL Auto (HWY 5.6L/100KM; City 8.7L/100KM)/2013 Santa Fe 2.4L FWD Auto (HWY 6.7L/100KM, City 10.1L/100KM) are based on Manufacturer Testing. Actual fuel efficiency may vary based on driving conditions and the addition of certain vehicle accessories. Fuel economy figures are used for comparison purposes only. †♦Friends & Family prices for models shown: 2013 Elantra Limited/Elantra GT SE Tech 6-Speed Auto/Sonata Limited/Santa Fe 2.0T Limited AWD is $23,080/$26,350/$27,475/$39,145. Prices include Delivery and Destination charges of $1,495/$1,495/$1,565/$1,760, fees, levies, and all applicable charges (excluding HST). Prices exclude registration, insurance, PPSA and license fees. ♦Friends & Family Selling Prices are calculated against the selling price less all factory to dealer price adjustments (including Friends & Family price adjustments). Friends & Family Selling Prices include Delivery and Destination, fees, levies, and all applicable charges (excluding HST), and exclude registration, insurance, PPSA and license fees. ‡Factory to dealer price adjustments (including Friends & Family price adjustments) are calculated against the vehicle's starting price. Factory to Dealer Price adjustments of $1,750/$1,675/$3,250/$1,150 available on 2013 Elantra L 6-Speed Manual/Elantra GT GL 6-Speed Manual/Sonata GL Auto/Santa Fe 2.4L FWD Auto includes Friends & Family price adjustments. Factory to dealer price adjustments are applied before taxes. Offer cannot be combined or used in conjunction with any other available offers. Offer is non-transferable and cannot be assigned. No vehicle trade-in required. †♦‡Offers available for a limited time, and subject to change or cancellation without notice. See dealer for complete details. Dealer may sell for less. Inventory is limited, dealer order may be required. ▲Government 5-Star Safety Ratings are part of the U.S. National Highway Traffic Safety Administration's (NHTSA's) New Car Assessment Program (www.SaferCar.gov). ††Hyundai's Comprehensive Limited Warranty coverage covers most vehicle components against defects in workmanship under normal use and maintenance conditions.